

[Response to University of Sydney Senior DVC Stephen Garton's dishonest "initial inquiry" report on 30-diet fraud](#)

The University of Sydney's **17 December 2019 "initial inquiry" report (IIR)** was its belated response to the March request from the National Health and Medical Research Council for an investigation into NHMRC Principal investigator Stephen Simpson *et al*'s 30-diet lifespan fraud.

On 17 December, Vice-Chancellor Michael Spence's second-in-charge – Senior Deputy Vice-Chancellor Stephen Garton – confirmed my observation that the **actual** results from the University of Sydney's **30-diet experiment involving ~900 mice** have been misrepresented in a famous *Cell Metabolism* paper, with **~150 dead mice (>15%) fed five low-protein diets** improperly hidden from the scientific community.

Specifically, Senior DVC Garton's "initial inquiry" confirmed the existence of a **143 (>15%) dead-mouse "discrepancy between the total number of animals reported in the paper (N=858) and the actual number of animals used (N=715)"** (IIR, 3/7). In fact, NHMRC Principal investigator Simpson *et al* **improperly concealed fully one-third of the 15 low P:C (Protein : Carbohydrate) diets** and tried to hide 143 mice that suffered severe malnutrition on those **five killer low P:C diets** before being euthanised. Simpson then **falsely concluded that low P:C diets extend lifespan in mice as in insects (and so humans)**, as forecast in his highly cited 2012 book (pp. 2, 4-5, 8-12 incl. Table 3).

Alas, Senior DVC Garton responded to the confirmation of my ~150 dead-mouse discrepancy by **dishonestly "disappearing"** my evidence that those 143 mice **suffered severe malnutrition** before being euthanised. Garton then set out to **fabricate new, false, fake evidence** so he could pretend – using uncomprehending UQ Professor Peter Koopman (p. 2) – that those 143 urgently euthanised mice were actually in reasonable shape on Simpson's **five killer low-protein diets**: **"it could not be known"** whether mice fed these [low P:C, insect-friendly, mouse-killing] diets would have died, or whether they would have **lived long and healthy lives** had they not been euthanised" (overleaf).

The University of Sydney's impressively dishonest behaviour - documented in great detail in the following pages - is designed to protect its own (exaggerated) reputation for "excellence" while protecting the work of several big-name science careerists from proper scientific scrutiny. In the process, the University is **effectively stealing ~\$13m of taxpayers' money** via a new NHMRC grant over 2019-2023 (p. 7). Again, all this is documented in detail below. Please contact me urgently if you see anything I have written in this piece or elsewhere that is factually incorrect or otherwise unreasonable. **An independent investigation is required** to stop this scientific fraud and help rescue Australia's one million-plus type 2 diabetics – especially the vulnerable in Indigenous communities and aged-care facilities - from misery and early death.

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

p. 3, IIR



THE UNIVERSITY OF
SYDNEY

17 December 2019

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

**Public statement by the Deputy Vice-Chancellor (Research),
Professor Duncan Ivison**

The University has recently completed an initial inquiry into allegations made by Mr **Rory Robertson** in respect of research carried out by **Professor Stephen Simpson** and other University researchers based at the **Charles Perkins Centre**. The allegations relate to a paper titled *'The ratio of macronutrients, not caloric intake, dictates cardiometabolic health, aging and longevity in ad libitum fed mice'*, published in 2014 in *Cell Metabolism*.

The initial inquiry, which included a review and recommendation by an independent expert, found no breaches of the *Research Code of Conduct* and no research misconduct on the part of Professor Simpson and his colleagues.

The inquiry was conducted in accordance with the University's *Research Code of Conduct*, which incorporates the requirements of the *Australian Code for the Responsible Conduct of Research*, and holds the University's researchers to the highest standards of integrity and research practice. An initial inquiry in these circumstances is not an investigation of fraud, as Mr Robertson has been claiming.

In addition to the researchers' statistical analyses and conclusions being found to be acceptable through the University's initial inquiry, the paper was evaluated through the journal's **peer review process prior to publication** and in **an extra independent review** conducted by the journal in June in response to Mr Robertson's complaint. The University is satisfied that there is no basis for any of the matters raised by Mr Robertson to be investigated further.

Background

On 1 March 2019, the NHMRC referred to the University concerns raised by Mr Robertson, a member of the public, about a paper titled *'The ratio of macronutrients, not caloric intake, dictates cardiometabolic health, aging, and longevity in ad libitum fed mice'*, *Cell Metabolism* 2014, 19(3), 418-430 (the **2014 Cell Metabolism paper**). The paper was authored by Professors Stephen Simpson, David Le Couteur, David Raubenheimer and Victoria Cogger and Dr Samantha Solon-Biet (the **Researchers**) and researchers from other institutions.

In summary, the concerns raised by Mr Robertson were that:

1. **certain groups of mice were excluded** from the experiment and their exclusion

Process

An initial inquiry was conducted in accordance with the University's *Research Code of Conduct* 2013 (the **Research Code**).

The initial inquiry was conducted by **Professor Stephen Garton, Senior Deputy Vice-Chancellor** (then Provost and Deputy Vice-Chancellor), as the designated person under the University's process for managing allegations of breaches of the *Research Code* (see section 23 of the *Research Code*).

https://sydney.edu.au/dam/corporate/documents/news-opinions/outcome_of_initial_inquiry_2014_paper.pdf

Senior DVC Garton “disappeared” my definitive evidence that ~150 dead, hidden mice had died severely malnourished on five low P:C diets, before fabricating new, fake evidence (via uncomprehending Professor Peter Koopman) to insist “it could not be known”

Professor Stephen Simpson *et al* hid the five killer diets in 30 diets: “The data we present derive from 858 mice fed one of 25 diets”

Senior DVC Garton recommends the 143 dead mice be better hidden: “The data we present derive from 715 mice fed one of 25 diets”

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

according to the independent veterinary office overseeing the study, would soon have died from malnutrition. Under the terms of the ethics protocol this mandated their immediate removal from the experiment.

In short, these diets were not viable

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

See p. 23 below to see the original emails from 18 and 30 January 2019.

Senior DVC Garton fabricated new, false, fake “evidence” that the 143 hidden dead mice were doing fine, no real problems:

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

p. 7 https://sydney.edu.au/dam/corporate/documents/news-opinions/outcome_of_initial_inquiry_2014_paper.pdf

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[Response to University of Sydney Senior DVC Stephen Garton's dishonest "initial inquiry" report on 30-diet fraud](#)

It is in the interests of Australian and UK taxpayers that Vice-Chancellor Michael Spence fix the University of Sydney's high-profile 30-diet lifespan fraud before he takes up any new leadership position at the research-intensive University College of London early next year: <https://www.ucl.ac.uk/> ; <https://sydney.edu.au/news-opinion/news/2020/02/19/dr-michael-spence-to-end-term-as-vice-chancellor.html>

University of Sydney governance is in crisis after Senior Deputy Vice-Chancellor Stephen Garton - the person second-in-charge of day-to-day operations - confirmed a core aspect of Charles Perkins Centre Academic Director Stephen Simpson's 30-diet mouse-lifespan fraud. Alas, instead of stopping the fraud, DVC Garton dishonestly "disappeared" my definitive evidence, then fabricated new, false, fake evidence, in order to produce a sham "initial inquiry" report designed to falsely exonerate Professor Simpson of serious research misconduct.

An independent investigation is required. The public cannot trust high-profile "peer reviewed" research produced at Group of Eight universities. There is no competent, honest quality control when it matters. At the University of Sydney, senior management is actively and dishonestly protecting serious research fraud by several of its most distinguished scientists. Taxpayers are being defrauded big-time (p. 43).

The University of Sydney's 30-diet lifespan fraud has become an extraordinary case study involving false and dishonest "findings" at the highest levels of Australian "science", harm to public health, and Group of Eight management that amongst other things now is dishonestly squeezing a further \$13m of research funding from hapless taxpayers via a 2019-2023 grant from the National Health and Medical Research Council (NHMRC). **Then there's the sham "authorship" apparently gifted to a global "Lifespan" science superstar from Harvard;** ironically, his valid work in a separate, competing 2014 project confirms my claim that the 30-diet episode is indeed a serious scientific fraud.

1. Background: NHMRC in March requested investigation into 30-diet lifespan fraud, prompting 17 December "initial inquiry" report

The 30-diet lifespan fraud has its origins in a 2014 paper in *Cell Metabolism*, a faulty paper now cited in the scientific literature a massive ~500 times. In my *Expression of Concern* to the journal in January 2019, I observed that **five of the 30 diets (>15%)** had been quietly excluded from the main text of the paper, so too the **~150 dead mice** fed those five low-protein diets. Importantly, all five hidden diets were long-planned, carefully designed, protein-restricted (5%-protein), insect-friendly, mouse-killing, low P:C diets (ie. LPCDPRIFMK low P:C diets). **All ~150 mice fed those five hidden low P:C diets (>15% of all mice involved) suffered severe malnutrition and unacceptable misery before being euthanised** by the vet overseeing the experiment - as mandated by the relevant ethics protocol - and today lie buried deep in a separate "supplemental" file, quietly hidden from most readers of *Cell Metabolism* and the scientific community (Table 3, p. 10).

My concern is that the **actual** diet-and lifespan results of the high-profile 30-diet experiment involving perhaps 900 mice are misrepresented in *Cell Metabolism*. On lifespan, the faulty paper's main "finding" - **"Median lifespan was greatest for animals whose intakes were low in protein [P] and high in carbohydrate [C]..."** - is false and thus invalid. When the available lifespan data from **all ~900 mice** are collated and presented to the scientific community, we find that **five of the top-seven diets for median lifespan are high (not low) P:C diets**, while the five low-protein diets that killed ~150 mice within six months obviously are the worst diets in terms of median lifespan (Table 3).

The **"initial inquiry" report** (IIR) is the University of Sydney's belated official response to a formal NHMRC request in March 2019 that my claim of a serious scientific fraud be investigated. The NHMRC is interested because NHMRC Principal investigator Stephen Simpson **hid the lifespan results of five of his 15 low P:C diets** after the NHMRC funded his career-defining 30-diet experiment to the tune of ~\$1m, initial funding which I claim the University of Sydney is in the process of dishonestly leveraging into a further ~\$13m over 2019-2023 (p. 7).

2. Senior DVC Garton found Simpson's ~150 hidden dead mice fed five diets, then dishonestly tried to downplay their significance

On 17 December 2019, in the summer lull, two of VC Michael Spence's direct reports - Senior DVC Stephen Garton and DVC (Research) Duncan Ivison - published their "initial inquiry" report that **formally "identified" (confirmed) a "discrepancy" of 143 (~150)** between the **actual** and **reported** numbers of dead mice reported in the main text of that highly cited *Cell Metabolism* paper (p. 5 and Table 3, p. 10).

Specifically, the seven-page "initial inquiry" report produced and published by DVCs Garton and Ivison stunningly confirmed a large (>15%) "...discrepancy between the total number of animals reported in the paper (N=858) and the actual number of animals used (N=715)": Oops! p. 3 https://sydney.edu.au/dam/corporate/documents/news-opinions/outcome_of_initial_inquiry_2014_paper.pdf

When I first saw that sentence I laughed. **Again, there are 30 diets.** What's funny is that the 18 authors (all listed on p.5) were sufficiently alert to delete five "protein restricted" diets - **"The data we present derive from 858 [715?!] mice fed one of 25 diets"** - **but then forgot to delete the 143 mice that suffered early death** while fed those five mouse-killing, low P:C diets now said to extend lifespan in humans (p.9).

DVCs Garton and Ivison's formal confirmation of my claim that the 30-diet experiment's **actual** lifespan results are indeed misrepresented in *Cell Metabolism* **looks bad** for the University of Sydney. After all, VC Michael Spence's managers in December 2018 were paying for full-page newspaper ads promoting the faulty *Cell Metabolism* report as research excellence, claiming falsely that **"...our researchers have discovered that a low protein, high carb ["low P:C" mouse] diet can help us [humans] live longer and healthier lives"** (see p. 6).

The sensational official confirmation that at least 143 dead mice (>15%) have indeed been hidden from the scientific community confirms my observation since January 2019 that **influential Professor Stephen Simpson - the Academic Director of the Charles Perkins Centre** - has misrepresented the **lifespan** results from the University of Sydney's high-profile ~1000 mouse, 30-diet experiment (see overleaf).

Further, the matter of fact that 143 dead mice have indeed been hidden **confirms as blatantly dishonest** NHMRC Principal investigator Simpson's January 2019 claim - to *Cell Metabolism*'s Editorial Board and hard-hitting journalist Adam Creighton - that **"...Rory's concerns are in every respect unfounded"** (p. 23). Notably, Simpson also is a **"Fellow" of the Senate**; that is, a member of the University of Sydney's prestigious management body, sharing the big table with legendary *Sydney Morning Herald* investigative reporter Kate McClymont!

In terms of misleading the scientific and medical community, and ongoing harm to public health, it doesn't get much bigger than this. The blatantly misrepresented data were used by **Simpson - and his (sham) "co-author": Harvard (and UNSW) "Lifespan" superstar Professor David Sinclair** (Sinclair staying silent on the matter) - to **mislead a huge audience of ~1200 at the UNSW Medicine Dean's flagship lecture in 2014: "Now, what we found [via "900" mice] on "30" diets]...was that longevity in the mice was also, just like the fly, greatest on low-protein, high-carbohydrate [low P:C] diets"**: minute 28:20 <https://www.youtube.com/watch?v=x0-Jt7az-54>

[Continued on p. 13](#)



AAP NOVEMBER 20, 2013 9:45PM

Prof uses 1000 mice to expose food folly

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

Clifford Fram, AAP National Medical Writer

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Originally published as Prof uses 1000 mice to expose food folly

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



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

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

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<http://dx.doi.org/10.1016/j.cmet.2014.02.009>

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

This faulty paper is one of the highest-profile papers ever written in Australia. The 18 - count them! - authors' false mouse-lifespan claims became harmful dietary advice for Australians, promoted in 2018 by the University of Sydney in weekend newspapers (pp. 6 and 9). The blatantly misrepresented results were used to justify a further \$13m of NHMRC funding for mouse-diet research (p. 7).

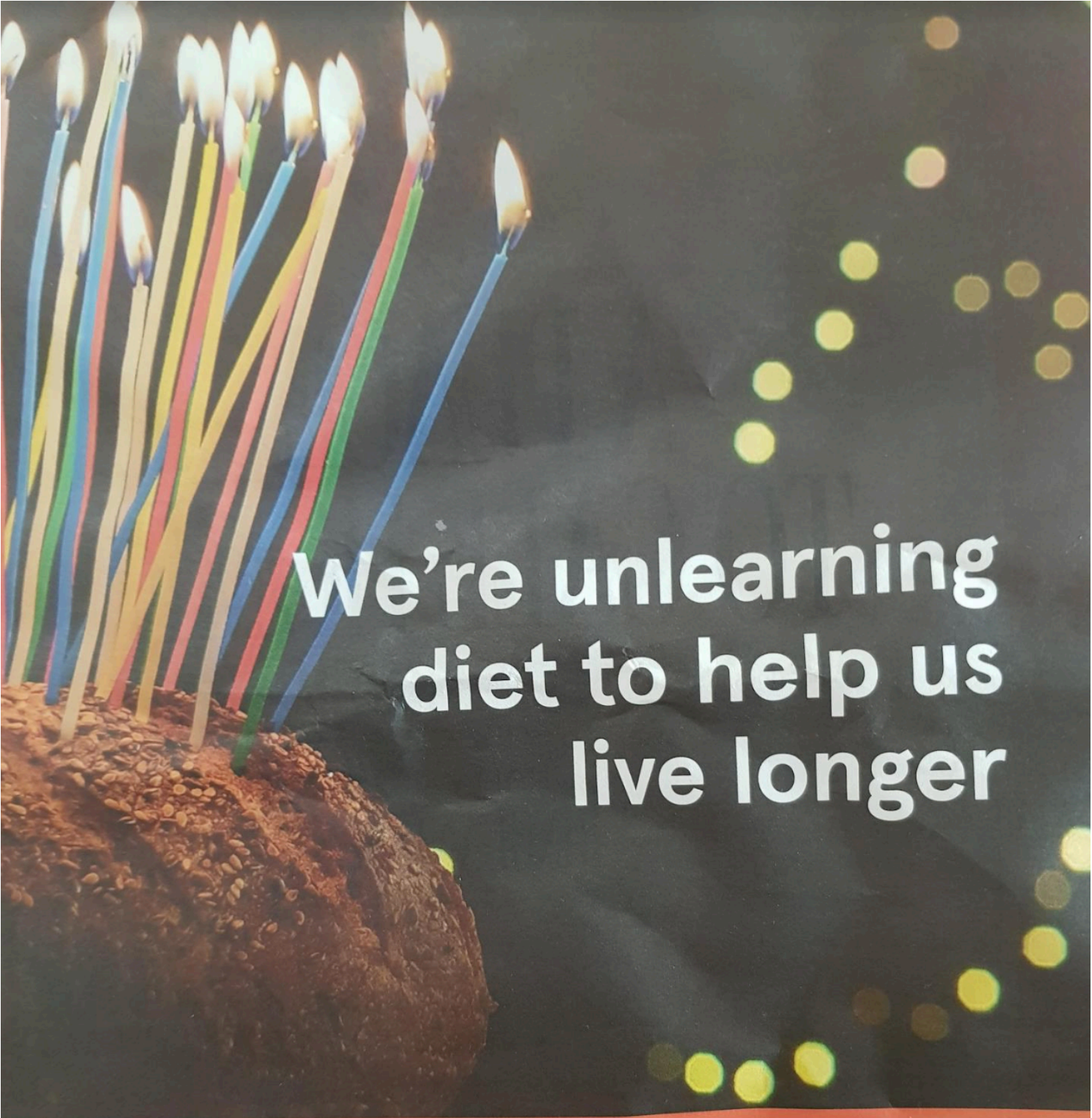
It's thus worth understanding exactly what has been done. Reportedly, ~1,000 (900?) standard laboratory (C57BL/6) mice were put on 30 separate diets: 10 combinations of protein, fat and carbohydrate, each with three energy levels. Along the way, five killer 5%-protein diets and ~150 dead mice (all euthanised “immediately” after being assessed as suffering severe malnutrition and unacceptable misery, by the independent vet) were quietly buried, hidden in a file called “Supplemental information”. The University now pretends only 25 diets matter.

SUPPLEMENTAL TABLES

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

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

Diet	1	2 ^a	3 ^b	4	5	6 ^a	7	8	9	10
%P	60	5	5	33	33	5	14	14	42	23
%C	20	75	20	47	20	48	29	57	29	38
%F	20	20	75	20	47	48	57	29	29	38
Low 8 kJ g ⁻¹	P	5.03	42	42	2.77	2.77	42	1.17	1.17	3.52
	C	1.67	6.18	1.67	4.02	1.67	4.02	2.43	4.77	2.43
	F	1.67	1.67	6.2	1.67	4.02	4.77	2.43	2.43	3.18
Medium 13 kJ g ⁻¹	P	7.54	0.63	0.63	4.15	4.15	0.63	1.76	1.76	5.28
	C	2.51	9.41	2.51	6.02	2.51	6.02	3.64	7.15	3.64
	F	2.51	2.51	9.41	2.51	6.02	6.02	7.15	3.64	4.77
High 17 kJ g ⁻¹	P	10.06	0.84	0.84	5.53	5.53	0.84	2.35	2.35	7.04
	C	3.35	12.55	3.35	8.03	3.35	8.03	4.85	9.54	4.85
	F	3.35	3.35	12.55	3.35	8.03	8.03	9.54	4.85	6.36



We're unlearning diet to help us live longer

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THE UNIVERSITY OF
SYDNEY

Leadership for good starts here

NHMRC's focus on dishonest false claims re 30-diet experiment puts University's \$13m of research funding at risk

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Adva

gran

The nutritional geometry of ageing in a rodent model [2009 - 2013]

Also known as: Nutrition and Ageing

Funded by National Health and Medical Research Council

Managed by University of Sydney

Provided by National Health and Medical Research Council

Research Grant [Cite as <http://purl.org/au-research/grants/nhmrc/571328>]

Researchers:

Prof David Le Couteur , Prof David Raubenheimer , Prof John William Ballard (Participant) Prof Stephen Simpson (Principal investigator)

Brief description

A central belief in ageing research is that eating fewer calories prolongs life, and that the source of calories (carbohydrate, fat or protein) is irrelevant. However, a critical assessment indicates that this conclusion is premature. We will use recent techniques in nutrition to define for the first time in mammals the relationship between diet and ageing in a normal and a prematurely ageing strain of mice. The project will provide a novel nutritional approach for promoting healthy ageing.

Funding Amount

SAUD 979,269.18

Funding Scheme

NHMRC Project Grants

Notes

Standard Project Grant

<https://researchdata.andis.org.au/nutritional-geometry-ageing-rodent-model/77306>

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GNT1149976 | Nutrition and Complexity

GA ID: GA971

Agency: National Health and Medical Research Council (NHMRC)

Publish Date: 30-Jan-2018

Category: Medical Research

Grant Term: 1-Jan-2019 to 31-Dec-2023

Value (AUD): \$12,981,420.00

Recipient Name: University of Sydney

Last Updated: 30-Jan-2018 9:33 am (ACT Local Time)

Purpose:

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

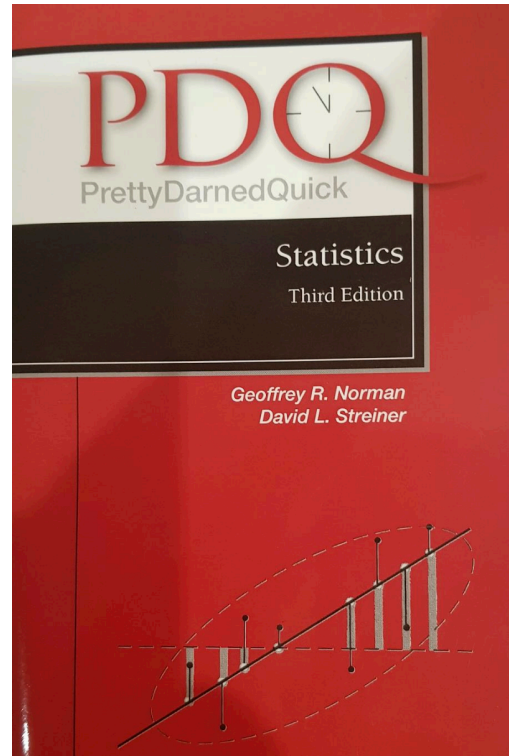
<https://www.grants.gov.au/?event=public.GA.show&GAUID=A88D3135-0238-7750-40C0D7DCFC9B9>

<https://pdfs.semanticscholar.org/8d58/7c7cb42378e6e263223edd4abc8e5bc9d801.pdf>

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

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

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=gbs_selected_pages&cad=2#v=onepage&q&f=false

Hidden Table S2 falsifies authors' claim that greatest median lifespan caused by low-protein, high-carb (low P:C) diets

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

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

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

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


Sneakily hidden from scientific community: ~150 mice severely malnourished on Simpson's five killer low P:C diets

RESULTS

The data we present derive from 858 mice fed one of 25 diets differing systematically in protein, carbohydrate, and fat content and energy density. By their nature, these data are complex, and <https://www.cell.com/action/showPdf?pii=S1550-4131%2814%2900065-5>

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

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


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

AM By Sarah Dingle
Updated 5 Mar 2014, 4:54pm

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

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

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

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

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

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

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

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

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





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

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AUDIO: Listen to Professor David Le Couteur (AM)

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

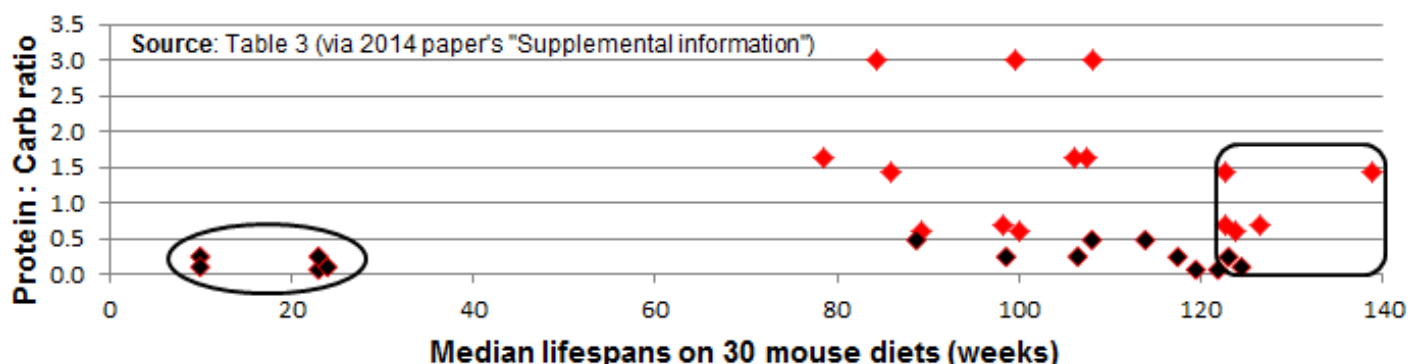
Table 3: The *actual* lifespan results from the 30-diet experiment, including Simpson's five killer *low* P:C diets

30 mouse diets spanning ~1000 mice, ranked by median lifespan (weeks) per cohort * #							
				HPLC	P:C > 0.5 (high-protein diet)		
				LPHC	P:C < 0.5 (low-protein diet)		
Diet ranking	Protein: Carb (P:C) ratio	Median lifespan of cohort (weeks)	Protein (%)	Carb (%)	Fat (%)	Energy density	2-3 oldest mice (weeks)
1 winner	1.45	139	42	29	29	high	151
2	0.69	127	33	48	20	low	134
3 #	0.10	124	5	48	48	high	146
4	0.61	124	23	38	38	medium	143
5	0.25	123	14	57	29	medium	152
6	1.45	123	42	29	29	medium	148
7	0.69	123	33	48	20	medium	146
8 #	0.07	122	5	75	20	medium	157
9 #	0.07	119	5	75	20	high	152
10	0.25	117	14	57	29	high	140
11	0.48	114	14	29	57	medium	147
12	0.48	108	14	29	57	high	134
13	3.00	108	60	20	20	medium	130
14	1.65	107	33	20	48	high	137
15	1.65	107	33	20	48	medium	134
16	0.25	106	5	20	75	high	154
17	0.61	100	23	38	38	high	125
18	3.00	100	60	20	20	high	128
19	0.25	99	14	57	29	low	119
20	0.69	98	33	48	20	high	141
21	0.61	89	23	38	38	low	100
22	0.48	89	14	29	57	low	115
23	1.45	86	42	29	29	low	104
24	3.00	84	60	20	20	low	103
25	1.65	79	33	20	48	low	116
26 * #	0.07	23	5	75	20	low	23
27 * #	0.10	23	5	48	48	medium	23
28 *	0.25	10	5	20	75	low	10
29 *	0.25	10	5	20	75	medium	10
30 * #	0.10	10	5	48	48	low	10
		START (week 1)					
* ~30 mice dead after diet discontinued; cohort died or "failed to thrive" ("would soon have died from malnutrition")							
# Diet claimed by authors in 2018 mouse-dementia paper to maximise lifespan (P:C ratio of ~0.1)							

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

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

Median lifespans of 30 cohorts of mice, versus PC ratio of 30 diets



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

The Nature of Nutrition

A Unifying Framework from Animal Adaptation to
Human Obesity



Stephen J. Simpson AND David Raubenheimer

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

62 | CHAPTER FOUR

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

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

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

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

4.1 HOW DOES MACRONUTRIENT BALANCE AFFECT LIFE SPAN?

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

[Continued from p. 3](#)

3. After ~150 mice died quickly on “protein restricted”, insect-friendly diets - wrecking his “preferred outcome” - Simpson hid them

NHMRC Principal investigator Simpson's dishonest responses over the past year have strongly reinforced my assessment that his **improper exclusion of ~150 (143) dead mice** fed five of his long-planned, carefully designed, protein-restricted (5%-protein), insect-friendly, mouse-killing, low P:C diets (ie. LPCDPRIFMK low P:C diets) was **always part of a sham formal “confirmation” of Simpson's much-loved hypotheses - and long-planned “preferred outcome” - promoted in a 2009 paper and highlighted in his widely cited 2012 book, *The Nature of Nutrition: A Unifying Framework from Animal Adaptation to Human Obesity*: In mice as in insects, “protein restriction ... extends life span” while “increasing the ratio of protein to non-protein energy ... decreases life span...”** (see previous page).

Simpson's post-insect career is based on his pet hypothesis that “protein restriction” extends lifespan in mice and humans, as in insects. So, when ~150 (143) protein-restricted mice died first, not last, in his career-defining 30-diet experiment, he simply hid them. Professor Simpson was “highly motivated” to do such an unreasonable thing, if only to keep his post-insect career afloat.

In 2014, while marketing his chosen fiction on the 30-diet experiment, NHMRC Principal investigator Simpson explicitly and falsely advised Norman Swan on the ABC's *Health Report*: “...**what we did was design 25 diets**” (p. 9). As recently as August in *The Australian*, Simpson was still actively and **dishonestly pretending that “The conclusions derive, as they must, from analysis of the entire dataset”**, knowing full well that he had sneakily hidden ~150 dead mice on five of his preferred low P:C diets, the very class of diets promoted - in his 2012 book *The Nature of Nutrition* and public commentaries - as lifespan-extending for insects and mice, and thus humans!

It would be good if Simpson published a version of my Table 3, so the scientific community could see “the entire dataset”, allowing it to assess which cohorts of mice died first and which died last. **Fully one-third of Simpson's 15 low P:C diets killed all their trapped mice.**

One big clue that we now are dealing with a serious scientific fraud supported at the highest levels of University of Sydney management is the fact that Senior DVC Garton and DVC(R) Iverson have joined Simpson in being unreasonably determined to push scrutiny by the scientific community towards a **fictional experiment involving just “715” mice on 25 diets** and away from **the actual experiment involving ~900 mice on 30 diets**. The University is seeking to avoid public scrutiny of the 143 dead, severely malnourished mice fed five protein-restricted, insect-friendly, lifespan-extending low P:C diets, scientifically profound results that **abruptly wrecked Simpson's “preferred outcome”**.

Recommendations

On the basis of the above, Professor Garton recommended the following:

- That the 2014 *Cell Metabolism* paper is amended to correctly state the total number of mice fed one of 25 diets;
- That any University of Sydney communications about the 2014 *Cell Metabolism* paper are amended to correctly state the total number of mice fed one of 25 diets;

IIR, p. 7/7

4. University of Sydney now is in damage-control mode, with Senior DVC Garton falsely insisting that there is no scientific fraud

Given the **sensational confirmation of the 143 dead-mouse discrepancy in its high-profile *Cell Metabolism* paper**, the University of Sydney now is in damage-control mode. So we now have VC Michael Spence's second-in-charge Stephen Garton and his research-integrity boss Duncan Iverson falsely claiming on the very first page of their “initial inquiry” report that I'm wrong about Simpson's faulty paper and his 143 dead mice hidden from the scientific community being a part of a serious scientific fraud because, they clownishly maintain, **there was highly effective quality control at *Cell Metabolism*** (yeah sure!) via the “peer review process prior to publication and in an extra independent review conducted by the journal in June in response to Mr Robertson's complaint” (p. 1, IIR)

Let's see if I've got this straight: NHMRC Principal investigator Simpson and *Cell Metabolism*'s editors **recklessly published a large 143 (>15%) dead-mouse discrepancy** and then, after “an extra independent review conducted by the journal in June in response to Mr Robertson's complaint”, **dishonestly assured the world that the 143-dead-mouse discrepancy does not exist.**

Now, after the “initial inquiry report” was forced - by my ongoing pressure for proper scrutiny - to officially if quietly confirm the existence of that large 143 (>15%) dead-mouse discrepancy I'd been highlighting for a year, the University of Sydney's new, dishonest story has become: **“Yes, there's a minor error but please believe us when we tell you that it's not a serious problem and there is no scientific fraud”.**

Well, in fact, there is a serious problem and there is a serious scientific fraud. A careful assessment of my evidence in this document provides a strong sense that the fingerprints of NHMRC Principal investigator Simpson, the operators of *Cell Metabolism* journal and now of University of Sydney Senior DVC Stephen Garton are all over this increasingly serious fraud (see p. 2 again).

The University of Sydney's management and scientists cannot be trusted. **It is time to have an independent investigation to expose the extent of the fraud:** exactly who did what to misrepresent the data, who did what to effectively steal \$13m from taxpayers, and who's been doing what to dishonestly pretend everything is fine: 25 diets, not 30 diets; now 715 mice, not 858, not 900? ~185 dead mice are missing?

The analysis you are reading now - my update on the University of Sydney's 30-diet lifespan fraud - documents the extent to which **Senior DVC Garton's “initial inquiry” is a dishonest sham.** Importantly, all of the serious claims (observations) I make in this piece are carefully documented in the pages that follow and/or in my 2019 series of submissions to VC Michael Spence, DVCs Garton and Iverson, the University of Sydney's ~100-person Academic Board, the Editor-in-Chief of *Cell Metabolism* and its 70-scientist Editorial Board, and many others: <https://www.australianparadox.com/pdf/Letter-USyd-AcBd-Sep19.pdf> ; <https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf> ; <https://www.australianparadox.com/pdf/SupplementarySubmissionUSydInquiry2019.pdf> ; <https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf> ; <https://www.australianparadox.com/pdf/Letter-cell-metabolism.pdf> ; <https://www.australianparadox.com/pdf/Letter-to-ACCC.pdf>

5. The involvement of DVC Garton expanded a problem of scientific fraud into a problem of dishonest university administration

After Senior DVC Garton became formally involved, the relevance of the University's of Sydney's 30-diet lifespan fraud surged way beyond dishonest and harmful nutrition "science", to dishonest university governance. **Garton's dishonesty comes in three main parts:**

(i) Senior DVC Garton's first priority was to better hide the 143 poorly hidden, dead mice. On 17 December, he formally recommended (IIR, 7/7) that the main sentence in the faulty *Cell Metabolism* paper describing Simpson's career-defining 30-diet experiment be quietly changed, by replacing "858" with "715": **"The data we present derive from 715 [not 858] mice fed one of 25 [not 30] diets"**. If that sentence is indeed changed as planned, the 143 inconvenient half-hidden dead mice will become as invisible as Simpson's five killer low P:C diets.

One of the tricks employed by DVCs Garton and Ivison in their "initial inquiry" report - and by NHMRC Principal investigator Simpson in his *Cell Metabolism* paper and elsewhere - is to **avoid showing the scientific community the entire diet-and-lifespan dataset** (my Table 3, p.10). I'm guessing there were **900 mice when the 30-diet experiment began: neither "858" nor "715" are divisible by 30. The exact number is a dirty secret kept tightly hidden by DVCs Garton and Ivison, Professor Simpson and perhaps Harvard "Lifespan" superstar Professor David Sinclair**. They all know that if they keep hiding the exact number of mice involved (1000?) then the scientific community can never know how many unhelpful dead mice remain hidden (I'm guessing 185). The University of Sydney, the University of NSW and Harvard should be forced to publish those basic matters of fact. Again, I've tried to collate the available information in my Table 3.

An accurate report in any new, correct *Cell Metabolism* paper - after the current faulty paper is formally retracted - might begin: "The data we present derive from **900 [not 858 and not 715] mice fed one of 30 [not 25] diets**, including **715 mice on 25 diets** that lived relatively long lives, **143 mice on five low P:C diets** that were severely malnourished within six months and in misery, so were immediately euthanised by the independent veterinary office overseeing the experiment, and 42 mice across the 30 diets that were euthanised as a result of various minor maladies. Those latter **42 mice were "censored"** (excluded) from the diet-and-survival dataset because their various conditions - including dermatitis? - were not life-threatening; by contrast, **malnutrition is "incompatible with continued survival", so the 143 severely malnourished - and thus immediately euthanised - mice are represented as deaths in the relevant survival curves** (see p. 24, below).

(ii) To downplay the scientific relevance of the 143 dead mice that NHMRC Principal investigator Simpson continues to conceal, **Senior DVC Garton in his "initial inquiry" report dishonestly "disappeared" my definitive evidence that the mice had been, before they were euthanised, on the cusp of dying of severe malnutrition** on five of Simpson's preferred low P:C diets. Specifically, I had advised VC Michael Spence, DVCs Garton and Ivison, the University of Sydney's ~100-person Academic Board and the Editorial Board of *Cell Metabolism* that "...according to the independent veterinary office overseeing the study, [those ~150 hidden mice on low P:C diets] "would soon have died of malnutrition". That is, the vet assessed the mice as severely malnourished and suffering unacceptable misery, thus confirming Simpson's five special LPCDPRIFMK low P:C diets as "not viable". Accordingly, the mice were euthanised "immediately" (p. 2).

(iii) After Senior DVC Garton had dishonestly disappeared my definitive scientific evidence that those 143 dead, hidden mice had been euthanised in response to severe malnutrition and misery, he set out to fabricate new, false, fake evidence in order to pretend that Simpson's 143 hidden, malnourished-then-dead low P:C mice were not dying quickly of severe malnutrition or indeed of *anything at all*. Garton now is dishonestly pretending that many of Simpson's 143 hidden, severely malnourished mice were in fact well-fed and healthy, right up to the moment just before the vet chose to put them out of their misery: **"it could not be known whether mice fed these [LPCDPRIFMK low P:C] diets would have died, or whether they would have lived long and healthy lives had they not been euthanised"** (IIR, 6/7).

Again, all of the 143 hidden dead mice were euthanised immediately after the veterinary office overseeing the experiment assessed them as **near-death via severe malnutrition**. NHMRC Principal investigator Simpson hid 143 dead mice on five low P:C diets because they **wrecked the long-planned "preferred outcome" - "protein restriction" extends lifespan - of his career-defining 30-diet experiment**.

The official cover-up of the fraud is a sight to behold. No wonder it took nine months in the planning. Senior DVC Garton's fabricated, false, fake story that "it could not be known" appears to have been contrived to **dishonestly pretend** that Simpson's 143 severely malnourished (urgently euthanised) mice **need not be included** in the faulty *Cell Metabolism* paper's diet-and-survival curves (reproduced on p. 24).

This is where uncomprehending Professor Peter Koopman blundered into the "initial inquiry", with DVC Garton steering him exactly where he wanted him to go. Senior DVC Garton and his paid advisor Koopman disputed Harvard superstar David Sinclair's simple, transparent and honest approach of treating the weeks that the 143 mice were euthanised as the weeks of their deaths for survival-analysis purposes: **"using age at euthanasia as a proxy for lifespan may not be scientifically valid"** (IIR, 3/7).

In this particular case, however, Professor Koopman's concerns should not be taken seriously. Indeed, they are nonsense. Professor Koopman - unlike dishonest Senior DVC Garton - may have been unaware of the definitive evidence from the independent veterinary office that the 143 hidden mice "would soon have died of malnutrition"; in misery and dying quickly from severe malnutrition, the independent veterinary office overseeing the experiment was required to euthanise them "immediately". **None of Simpson's 143 hidden protein-restricted mice on Simpson's five carefully chosen-then-hidden insect-friendly, mouse-killing diets were going to live one year, let alone longer, in stark contrast to most of the longer-lived mice on high-protein diets (the blue diets in Table 3).**

Any number of highly conservative assumptions about the week of probable death would produce largely the same results as assuming immediate death (see my chart on p. 24, below). For example, if Harvard sham "co-author" Sinclair had assumed, in the faulty *Cell Metabolism* paper, that the 143 dead mice - assessed by the independent vet as facing imminent death via severe malnutrition - had lived as much as **two or three times as long** as they *actually* lived (20 and 46 weeks, or 30 and 69 weeks, rather than just 10 and 23 weeks), the results of the diet-and-survival analysis would remain essentially as presented in my Table 3. That is, Simpson's five killer 5%-protein diets that he hid from the scientific community would still be the five **worst** diets for median lifespan, and **five of the top-seven diets** for median lifespan would still be **high** (not low) P:C diets. **Again, the 30-diet experiment devastated Simpson's long-planned "preferred outcome"**.

6. Simpson's gift of fake authorship made Senior DVC Garton's dishonest downplaying of significance of 143 dead mice look silly

Dishonest Senior DVC Garton has become trapped in his own slippery story. If only he had properly checked the important facts of this matter before he began dishonestly inventing his own. Perhaps Garton struggled to imagine the *extent* of misconduct? Who knew that on top of blatantly misrepresenting the data, NHMRC Principal investigator Simpson also had dishonestly gifted a fake authorship to a globally famous "Lifespan" scientist, probably to help with "peer review" and future funding? To be fair, I must confess that I too was rather surprised.

In any case, here's how Senior DVC Garton is coming unstuck. **Critically, a separate and competing 2014 mouse-lifespan paper by Harvard (and UNSW) Lifespan superstar Professor David Sinclair - Simpson's (sham) "co-author" on the faulty *Cell Metabolism* paper - confirms that Simpson's 143 severely malnourished-then-dead mice should have been included in the faulty paper's diet-and-survival curves, not hidden from the scientific community (the faulty survival curves excluding Simpson's five killer diets and their 143 dead mice are on p.24).**

Harvard Lifespan superstar Sinclair's **uncontroversial approach** in his separate, competing 2014 paper is **both honest and unambiguous**: "...cases where **the condition of the animal was considered incompatible with continued survival** [for example, suffering severe malnutrition] **are represented as deaths in the curves**" <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4172519/pdf/ace10013-0787.pdf>

On my strong suspicion that Harvard (and UNSW) "Lifespan" superstar Professor David Sinclair was **gifted a fake authorship** of the faulty *Cell Metabolism* paper, by NHMRC Principal investigator Simpson - a key allegation that Senior DVC Garton unethically failed to investigate - I have **three compelling pieces of evidence**:

- I. For starters, watch the video of the University of NSW Dean of Medicine's 2014 flagship scientific event in front of ~1200 people; over nearly two hours, **neither Sinclair nor Simpson gave the slightest hint** that they collaborated on the faulty *Cell Metabolism* paper that Simpson on the night presented as awesome: ("900" mice on "30" diets) <https://www.youtube.com/watch?v=x0-Jt7az-54>
- II. Second, Professor Simpson's name is printed in the faulty paper **a big-noting 25 times** while world-famous David Sinclair's name is in print **only once** (as one Simpson's 17 co-authors). **Not one** of Sinclair's papers is referenced in the ~40-paper bibliography.
- III. Third, critically, if superstar David Sinclair's "authorship" were genuine and not a sham, his required (but absent) **"substantial intellectual contribution"** to the faulty paper would, ironically, have been telling Simpson it was wrong to sneakily conceal those 143 dead mice (all euthanised after suffering severe malnutrition after 10-23 week exposures to five of Simpson's nine LPCDPRIF low P:C diets), then insisting the 143 dead mice be **properly represented in the *Cell Metabolism* survival curves** (reproduced on p. 24, below), thus nipping NHMRC Principal investigator Simpson and now Senior DVC Garton's blatant scientific fraud in the bud.

7. Other dishonest nonsense from Senior DVC Garton's "initial inquiry": ABC journalists not misled; Full-page ads of false and harmful diet advice not a problem; Dead mice not relevant for "late-life health"; 143 dead mice not an integral part of experiment

Again, NHMRC Principal investigator Simpson quietly concealed the five low P:C diets and 143 dead mice that flatly falsified his widely promoted hypothesis that mice, like insects, would thrive on protein-restricted, insect-friendly diets. ABC radio has repeatedly showcased Simpson *et al's* blatant fraud as factual, carelessly broadcasting false and harmful diet-and-health information to its national audiences.

ABC reporter Sarah Dingle was one of those duped by the Charles Perkins Centre, reporting falsely that the experiment involved "25 different diets" (p. 9, earlier). Then the nonsense really started flowing: **"The best diet for a long life is low protein and high in carbs** [low P:C] - essentially a vegetarian diet, according to one of the authors of a new study in the journal *Cell Metabolism*, Prof. David Le Couteur".

"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..." (p. 9). Alas, neither the ABC's Sarah Dingle nor the Charles Perkins Centre has corrected those false and harmful claims. NHMRC Principal investigator Simpson certainly did not issue a correction, despite the fact that five of his 15 low P:C diets killed all ~150 of their trapped mice via severe malnutrition; again, five of Simpson's nine 5%-protein diets killed all of the ~150 (143) mice allocated to those diets. Since those low P:C diets were supposed to "extend lifespan", Simpson remains keen for those ~150 dead Low P:C mice to remain hidden from the scientific community. On top of the dishonest hiding of dead mice, someone should explain to the ABC's national audience that the metabolic processes of humans and mice are profoundly different (p. 25), so extrapolating diet-and-health outcomes from a mouse experiment directly to humans is simply reckless, what one expects from shysters and snake-oil salespeople.

Along the same lines, NHMRC Principal investigator Simpson explicitly and falsely advised Norman Swan on the ABC's *Health Report*: **"...what we did was design 25 diets"**: p. 18 <https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf>

Again, that is a self-serving falsehood. And since 17 December, we've had Senior DVC Stephen Garton tying himself in silly knots dishonestly pretending that Simpson and his science-careerist colleagues did not recklessly misinform the media - including **four ABC reporters and the national audiences of three ABC programs** - about their 30-diet experiment, claiming falsely that there were 25 diets. Senior DVC Garton again exposed himself as dishonest, clownishly pretending that everything is fine:

"Professor Garton found that Mr Robertson's concerns about the reporting of the outcomes of the [30-diet experiment] study were based on his view that the conclusions [from only 25 diets, after NHMRC Principal investigator Simpson hid the imminent deaths via severe malnutrition of 143 mice on five of his preferred low P:C diets] reported by the researchers did not reflect the actual [30-diet experiment] study outcomes ... Professor Garton found that the research outcomes were not misrepresented in media reports and an ABC radio interview to which Mr Robertson has referred and that there is no breach of the Research Code".

Not misrepresented? Not a problem? So 25 now means 30? And 858 means 715? What a disgrace. This is shonky Group of Eight "science", Australian-style. Senior DVC Garton is actively protecting Simpson's blatant scientific fraud in an effort to protect the University of Sydney's reputation and, I strongly suspect, to help it effectively steal \$13m for from taxpayers, via a new grant from the NHMRC over 2019-23 (p. 7).

NHMRC Principal investigator Simpson's blatant misinforming of ABC health reporter Norman Swan was not shocking to me. The fact that Simpson resorts to dishonesty as needed became apparent in the wake of him telling me on 28 November 2013 that he was all for helping to fix the *Australian Paradox* fraud, then still in its infancy: <http://www.australianparadox.com/pdf/LettersCPCProfSimpson.pdf>

Instead, several years later, NHMRC Principal investigator Simpson in 2017 directly assisted Professor ("GI") Jennie Brand-Miller, Dr Alan Barclay, Bill Shrapnel and Professor Stewart Truswell to dishonestly expand his Charles Perkins Centre's infamous *Australian Paradox* sugar-and-obesity fraud into the *American Journal of Clinical Nutrition*: pp. 5-6 <https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf> and pp. 22-26 <https://www.australianparadox.com/pdf/Letter-ABC-Nov2019.pdf>

Then there's the University of Sydney's unusual promotion of false and dishonest mouse-diet claims as **research excellence**. As noted, VC Michael Spence's management in December 2018 bought full-page newspaper ads to promote false, misleading and harmful research claims: **"...our researchers have discovered that a low protein, high carb [low P:C mouse] diet can ... help us [humans] live ... a longer and healthier life"** (see p. 6), when in fact such diets tend to cause type 2 diabetes, misery and premature death (pp. 44-61).

In his 17 December 2019 "initial inquiry" report, Senior DVC Garton conceded nothing:

"In relation to Mr Robertson's concerns about the material which was included as part of the University's 'Unlearn' advertising campaign, Professor Garton noted that it is relevant that this was a promotional advertising campaign... It was not intended as a means of disseminating the outcomes of particular research projects" (IIR, 6/7)

There remains no acknowledgement that only **mice not humans** were involved in the research. The University is still sneakily avoiding the fact that **mice and humans are profoundly different** when it comes to the metabolism of low-protein, high-carb diets (pp. 25-26). Senior DVC Garton might want to do the right thing and explain to readers that, in the actual experiment, **fully one-third of the ~450 mice fed the University's preferred low P:C diets were within months suffering severe malnutrition and thus were euthanised "immediately"**.

Perhaps in order to concede that the University of Sydney's low P:C diet advice for humans is dishonest, harmful nonsense, Senior DVC Garton and DVC(R) Ivison gave a nod to Monty Python and *Animal Farm*:

"That said, Professor Garton acknowledged that the wording of the advertisement in its original form was open to different interpretations. This was recognised by the University after receiving Mr Robertson's submissions, and the text in the "Unlearn" advertisement was changed from:

[Old] "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." to

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

While Professor Garton did not find any breaches of the Research Code, he has recommended a strengthening of the processes by which these communications are approved (IIR, 6/7)

Late-life health the last refuge of the mouse-diet fraudster? When NHMRC Principal investigator Simpson was asked to address the fact that he has hidden 143 dead mice that had suffered severe malnutrition on five of his carefully designed low P:C diets - the result devastating his "preferred outcome" that **"protein restricted", insect-friendly** low-P:C diets would boost lifespan in mice as in insects - Simpson advised the credulous Professor Koopman that **"the study was about late-life health rather than health and longevity in general..."** (IIR, 3/7).

That's what I would say too, if I were trying to protect a high-profile scientific fraud. Awkwardly, the faulty *Cell Metabolism* paper itself reports that "Mice were provided ad libitum access [to a particular diet] **throughout their lifetime...**". Further, the title of the faulty paper highlights **"...Health, Aging, and Longevity", per se.**

Whatever the story one chooses to tell, the data should be sacrosanct, not hidden. The scientific community should have been advised that the key experimental result from the 30-diet study is that, in fact, **mice are not "just like insects"**, as Simpson has dishonestly claimed. **What the experiment showed is that five of nine of Simpson's protein-restricted (5%-protein), insect-friendly mouse diets reduced the lifespan of mice so severely that they didn't even make it to "middle age". So much for lifespan-extension!**

Obviously, **if it didn't matter** that NHMRC Principal investigator Simpson's preferred protein-restricted diets would cause severe malnutrition and work to quickly kill 143 young mice, the experiment would have started with middle-aged mice. It didn't. Further, the faulty paper itself presents **"whole of life" survival cures** that show the percentage of mice alive on various selected diets, **from weaning at three weeks to life beyond three years.** The obvious thing missing from the published survival curves in the faulty *Cell Metabolism* paper (reproduced on p.24, below) are the **short, sad survival curves** of the 143 mice that perished via severe malnutrition in less than six months on five of the protein-restricted, insect-friendly mouse-killing low P:C diets that Simpson predicted would produce the longest lives.

Again, it is important news for the scientific community that five of the insect-friendly low P:C diets that Simpson promotes as "lifespan extending" in fact caused severe malnutrition, misery and early death in mice. Critically, it wasn't the 42% protein, 29% carbohydrate (high P:C) diets that killed mice quick, as Simpson predicted. Indeed, five of the top-seven diets for median lifespan are high (not low) P:C diets. That 42%-protein diet generated a median lifespan of 139 weeks, 10% longer – a decade in human terms! – than the median lifespan of any of the other 29 diets. It is outrageous that Simpson hid the experiment's biggest news.

Again, it was five of Simpson's prized protein-restricted diets that produced severe malnutrition, misery and likely early death, forcing the independent vet to end the unacceptable suffering of 143 mice within six months. NHMRC Principal investigator Simpson and his unreliable colleagues have falsely claimed, over recent years, not only that such diets "extend lifespan" in mice but that the same is true for humans. **What a disgrace.** The faulty paper and Simpson *et al*'s false claims about sugary high-carb diets boosting lifespan should be **formally retracted**, in an effort to lessen misery and early death via type 2 diabetes in Indigenous communities and aged-care facilities.

Finally, the University of Sydney's claim that I expressed concern "that certain groups of mice were excluded from the experiment" (IIR, 3/7) is incorrect. The water has been unhelpfully muddied. In fact, those ~150 dead mice on five of NHMRC Principal investigator Simpson's chosen 5%-protein, insect-friendly diets were **not "excluded from the experiment": their living and dying was a profoundly important part of the experiment.** That is, by perishing on five protein-restricted, insect-friendly diets – forcing the independent vet to put them out of their misery - they died in the process of falsifying Simpson's main claims, that "protein restriction ... extends life span" in mice as in insects (and thus humans), while "increasing the ratio of protein to non-protein energy ... decreases life span...". As far back as 2009, that's what NHMRC Principal investigator Simpson planned and *needed* to find. Alas, it turns out that Simpson was hopelessly wrong; accordingly, the problem remains "that certain groups of mice [fed Simpson's mouse-killing, protein-restricted diets] were excluded from [Simpson's formal report describing] the [30-diet] experiment". **Statistics textbooks say it gently but we all should be sceptical, alert for statistical nonsense and obvious fraud when hard experimental data are hidden for no good reason.** Try the textbook quote on p. 8.

8. Uncomprehending, or in on the fraud? Queensland Uni Professor Peter Koopman's role in the dishonest "initial inquiry" report

On University of Queensland Professor Peter Koopman's role in the various matters above, my sense is that he was largely oblivious to the fact that the University of Sydney was cynically paying him as an advisor to answer largely irrelevant questions designed to avoid the truth, in order to feed his (previously) well-respected name into the "initial inquiry", to add undeserved credibility to Senior DVC Garton and DVC(R) Iverson's sham "initial inquiry" report.

I rang Professor Koopman and spoke to him for 25 minutes on Wednesday 18 December, the afternoon after the report was published. Having seen my letter to *Cell Metabolism* earlier in the day - requesting the formal retraction of Simpson's faulty paper (see p. 29, below) - Professor Koopman quickly objected to my use in my letter of the word "sham" to describe the University of Sydney's "investigation" into my concerns about the 30-diet mouse-lifespan fraud.

I try to be fair, so in our 25-minute phone call I heartily congratulated Professor Koopman for confirming that NHMRC Principal investigator Simpson's faulty paper does indeed misrepresent the actual results from the NHMRC-funded experiment: "Professor Koopman ... identified a **discrepancy** between the total number of animals reported in the paper (N=858) and the actual number of animals used (N=715)" (IIR, 3/7)

Notably, when I asked him directly if he had been aware of my definitive evidence that NHMRC Principal investigator Simpson, back in January 2019, had formally advised *Cell Metabolism*'s Editor-in-Chief (then Nikla Emambokus), its 70-scientist Editorial Board and hard-hitting local journalist Adam Creighton that the ~150 (143) mice on five of Simpson's 5%-protein diets were immediately euthanised specifically (only) because they "would soon have died from malnutrition", Professor Koopman complained that I had "ambushed" him.

It is a pity that Professor Koopman somehow managed to end up in the University of Sydney's sham "initial inquiry" report helping to promote the dishonest false claim that "it could not be known whether [those 143 severely malnourished, so immediately euthanised] mice fed these [carefully designed, insect-friendly, mouse-killing, low P:C] diets would have died, or whether they would have lived long and healthy lives had they not been euthanised" (IIR, 7/7)

Again, in June (2019), in my main *Submission* to the University, I directly provided VC Michael Spence, Senior DVC Stephen Garton, DVC(R) Duncan Iverson and the other ~100 members of the University of Sydney's ineffectual Academic Board with my unassailable evidence that, "according to the independent veterinary office overseeing the study", the ~150 (143) mice that were urgently euthanised "would soon have died from malnutrition", perishing as they were on five of Simpson's hidden low P:C, insect-friendly diets: pp. 21-24 <https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf>

Thus Professor Koopman's story that it could not be known whether the 143 severely malnourished-then-soon-dead mice would have died soon from their diet or lived happily into old age is absolutely false. Did Koopman know that his advice was false when he provided it to Senior DVC Garton, or did Garton sneakily "verbal" him? Has Koopman been dishonest and thus has become a key part of Simpson and Garton's fraud? Will Koopman now do the right thing - correct the public record - now that he knows that his "could not be known" story is hopelessly false and indeed rather silly?

As noted above, the likely explanation is that uncomprehending Professor Koopman was simply paid by the University of Sydney for the use of his name, in the process of being used cynically by the University to do what it was always going to do: shamelessly pretend that there is no problem, in a dishonest attempt to protect NHMRC Principal investigator Simpson's serious scientific fraud. I think that because this episode of the 30-diet lifespan fraud basically is an **"action replay" of the dishonesty of Simpson and the University of Sydney in its Australian Paradox "initial inquiry" in 2014**: pp. 5-6, 24-35 <https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf>

Again, Senior DVC Stephen Garton's blatant dishonesty – "disappearing" my definitive evidence of severe malnutrition (via the independent veterinary office overseeing the experiment), then fabricating new, false, fake "evidence" via Professor Peter Koopman - appears to be a brazen attempt by the University of Sydney to continue to effectively steal \$13m from taxpayers via the NHMRC over 2019-2023 (p. 7).

The good news is that the University of Queensland's Professor Peter Koopman now knows – if he didn't know before I informed him on 18 December - that "the independent veterinary office overseeing the study" euthanised Simpson's ~150 (143) mice on five of Simpson's low P:C, insect-friendly diets specifically (and only) because they "would soon have died from malnutrition". There was no ambiguity: "In short, these diets were not viable for a young, growing mouse".

If University of Queensland professors are less dishonest than University of Sydney scientists and senior management, Professor Peter Koopman will - when contacted in 2020 by journalists and other investigators - promptly acknowledge his error and correct his story. If he is a straight-faced liar – like Senior DVC Stephen Garton and NHMRC Principal investigator Stephen Simpson – Koopman will continue to support Senior DVC Garton's dishonest false claim that "it could not be known whether [those 143 severely malnourished] mice fed these [five insect-friendly, mouse-killing, low P:C] diets would have died, or whether they would have lived long and healthy lives had they not been euthanised".

Professor Koopman's contact details are available on p. 2 of this document or from the University of Queensland as follows <https://imb.uq.edu.au/profile/464/peter-koopman>

It is becoming standard for the University of Sydney to choose near-retired professors to assist in producing its dishonest "initial inquiry" reports. Recall that (former) DVC(R) Jill Trehwella and Professor Robert Clark AO effectively fell off the earth after they delivered their extraordinarily faulty "initial inquiry" report designed to falsely exonerate Professor "GI" Jennie Brand-Miller and her now-infamous *Australian Paradox* sugar-and-obesity fraud: pp. 5-6 <http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf>

9. Summary: 143 mice dead via malnutrition killed "preferred outcome" of career-defining 30-diet experiment, so Simpson hid 'em!

The University of Sydney's official confirmation on 17 December of the 143 dead-mouse "discrepancy" publicly shreds the credibility of Stephen Simpson - also the Academic Director of the University's Charles Perkins Centre, overseeing ~1000 taxpayer funded researchers - who in January 2019 dishonestly assured the Editor-in-Chief of *Cell Metabolism*, its ~70 scientist Editorial Board and the media - in response to my *Expression of Concern* to the journal - that "...Rory's concerns are in every respect unfounded" (p. 23).

The large (>15%) 143 dead-mouse discrepancy formally "identified" (confirmed) in Senior DVC Garton's "initial inquiry" report confirms my claim that NHMRC Principal investigator Simpson did indeed quietly disappear the "~150" pesky mice that had been dying via severe malnutrition on five of his low-protein, insect-friendly diets (Table 3, p. 10). It now seems clear that Simpson attempted to "disappear" that important scientific evidence from his career-defining 30-diet experiment because he was disappointed that ~150 (143) mice on five of the low P:C, insect-friendly diets that he publicly predicted would live longest, in fact died first.

Impressively, Simpson's "**preferred outcome**" - **his long-planned results** - for his career-defining 30-diet experiment had been published in a 2009 paper and in his widely cited 2012 book (pp. 11-12). The whole world can be sure what Simpson wanted and needed to find: In mice as in insects (and thus humans!), "the ratio of protein to carbohydrate [P:C] is crucial". **Specifically, "protein restriction ... extends life span" while "increasing the ratio of protein to non-protein energy ... decreases life span..."**. As far back as 2009, that's what Simpson sought to confirm, according to discussions in his 2009 paper (p. 3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2815731/pdf/aging-01-875.pdf>) and his 2012 book: *The Nature of Nutrition: A Unifying Framework from Animal Adaptation to Human Obesity* (pp.11-12).

For NHMRC Principal investigator Simpson, the refutation of his pet hypotheses was unmistakable: it must have been a devastating personal blow when five of his nine carefully designed 5%-protein, insect-friendly diets turned out, within months, to be killing mice via severe malnutrition. Within six months, all ~150 (143) mice had to be euthanised, because five of the special insect-friendly, low P:C diets that Simpson predicted would extend lifespan in mice in fact caused severe malnutrition, misery and early death.

As you know, mice dying of malnutrition are the essence of what scientists look for in any diet-and-survival experiment. So here's where NHMRC Principal investigator Simpson got sneaky. Instead of reporting in the main text of his paper that **all 143 mice** fed for more than a couple of months on five of his carefully designed low P:C, insect-friendly diets reached the cusp of death via severe malnutrition, and so were "immediately" euthanised, Simpson concealed that scientifically important experimental result from the scientific community, deep in a separate file called "Supplemental information". **Further, the fundamental problem - severe malnutrition - was dressed up as a series of unfortunate maladies: "These diets were discontinued due to weight loss (≥ 20%), rectal prolapse or failure to thrive"** (p. 5).

What should the outside world think about NHMRC Principal investigator Simpson's integrity when his contrived diet-and-survival analysis – the analysis supposedly used to assess the extent to which protein restriction extends lifespan in mice, as in insects – unethically hid profoundly important results - those ~150 (143) mice perishing of "malnutrition" on five protein-restricted diets - from the scientific community?

Clearly, Simpson's shameful hiding of data means his "science" cannot be trusted. Nor can the University of Sydney: VC Michael Spence's managers now are trying to better hide Simpson's 143 dead mice, and - even more outrageously - trying to dupe the world by fabricating new, fake, false evidence that those 143 hidden dead mice were *not* on the cusp of death via severe malnutrition. What a disgrace.

10. The importance of exposing the 30-diet lifespan fraud, dishonestly protected at VC Michael Spence's University of Sydney

The problem today for VC Michael Spence, Senior DVC Garton and NHMRC Principal investigator Simpson is that the 143 severely malnourished-then-dead mice ended up only half-hidden – via the official "**discrepancy**" - and now everyone knows they should be explicitly documented - and their scientific relevance explicitly discussed - in any "peer reviewed" paper reporting the results of Simpson's career-defining 30-diet experiment. **Clearly, the faulty *Cell Metabolism* paper should be formally retracted immediately**, then re-written with all available diet-and-lifespan results presented to the scientific community, along the lines of the *actual* results I've presented in my Table 3.

Awkwardly, it may only now be dawning on VC Michael Spence's management team – and many others - that the Charles Perkins Centre's harmful dietary "science" is a profound example of reckless research translation and out-of-control careerism. Notably, the University's low-protein, high-carbohydrate (low P:C) mouse diets are not healthful at all. For starters, the experiment's low P:C diets consist of "**P (casein and methionine), C (sucrose, wheatstarch and dextrinized cornstarch) and F (soya bean oil)**" (see p. 5). Oh so healthful for humans!

As you can see, the dodgy low-protein, high-carbohydrate (low P:C) diets dishonestly promoted by the Charles Perkins Centre as lifespan-extending for humans are in fact **dominated by unhealthy sugar and processed grains, foods long known to be harmful in modern doses. Disastrously, it is a matter of fact – known at the highest levels of medical science and by GPs across the western world a century ago - that sugary high-carbohydrate diets tend to cause type 2 diabetes, misery and premature death in humans** (p. 26).

It is both ironic and tragic that the Charles Perkins Centre is promoting sugary low-protein, high-carbohydrate (low P:C) mouse diets as lifespan-extending for humans, as it is exactly those sorts of diets that are driving type 2 diabetes, misery and premature death in Indigenous communities and aged-care facilities across Australia. What would Charlie say if he were alive? (pp. 44-61)

In terms of misleading the scientific and medical community, and ongoing harm to public health, it doesn't get much bigger than University of Sydney management dishonestly protecting Simpson's career-defining 30-diet fraud. Notably, the blatantly misrepresented data were used by Simpson - and his (sham) "co-author" Harvard (and UNSW) "Lifespan" superstar Professor David Sinclair (the latter staying silent on the matter) - to **mislead a huge audience of ~1200 at the UNSW Medicine Dean's flagship lecture in 2014: "Now, what we found [via "900 mice" on "30 experimental diets"]...was that longevity in the mice was also, just like the fly, greatest on low-protein, high-carbohydrate [low P:C] diets": minute 28:20 <https://www.youtube.com/watch?v=x0-Jt7az-54> Again, all 143 mice trapped on five of NHMRC Principal investigator Simpson's 15 insect-friendly low P:C diets perished quickly via severe malnutrition.**

I'm determined to expose and stop this 30-diet lifespan fraud because this entire episode is a scandalous example of Group of Eight incompetence, negligence and scientific fraud causing harm to the groups of Australians who most need to be able to trust influential research "findings" produced by highly distinguished "scientists" at our prestigious sandstone Go8 universities. **Instead, outrageously, obviously unreliable results are published at will, then, when disputed, highly paid university managers dishonestly assure us that everything is excellent. What a disgrace.**

For the sake of scientific integrity, taxpayers' value-for-money and public health, Simpson's obvious fraud - officially exposed in the form of 143 dead, hidden mice on five low P:C diets confirmed on 17 December in the "initial inquiry" report - must not stand. Beyond the high-profile false information working to harm vulnerable Australians, the combined dishonest efforts of NHMRC Principal investigator Simpson and Senior DVC Garton over the past year appear designed to help the University of Sydney to continue to effectively steal ~\$13m from taxpayers over 2019-2023 (p. 7).

All up, the University of Sydney's "initial inquiry" report – published on 17 December 2019 by DVCs Garton and Ivison - is self-serving dishonest nonsense devoted to covering-up NHMRC Principal investigator Simpson's obvious fraud, including by better hiding of those 143 dead mice that suffered severe malnutrition and early death while fed five of Simpson's special lifespan-extending low P:C diets.

The University's false and harmful dietary "findings" must be **formally retracted**: the sugary high-carb, low P:C diets that the Charles Perkins Centre is dishonestly promoting as lifespan-extending in humans in fact promote misery and premature death in millions of Australians with type 2 diabetes and pre-diabetes, including especially vulnerable people in Indigenous communities and aged-care facilities (p. 26 and pp. 44-61).

Again, all of the serious claims (observations) I've made above are carefully documented in this piece and in my 2019 series of submissions to VC Michael Spence, DVCs Garton and Ivison, the rest of the University of Sydney's ~100-person Academic Board, the Editor-in-Chief of *Cell Metabolism* and its 70-scientist Editorial Board, and many others.

Despite repeated invitations over the past year, not one of hundreds of journalists, regulators, scientists or academic careerists (beyond several highly conflicted individuals: Simpson, Garton and Ivison) have disputed anything I have written regarding the seriousness of the University of Sydney's high-profile 30-diet lifespan fraud.

The same is true over the past eight years when it comes to my careful documentation of NHMRC Principal investigator Simpson and **Professor ("GI") Jennie Brand-Miller's now-infamous Australian Paradox sugar-and-obesity fraud**, another example of a high-profile Charles Perkins Centre scientific fraud that is harming public health while being dishonestly protected by senior management at Michael Spence's University of Sydney: pp. 5-6 and pp. 25-35 in <https://www.australianparadox.com/pdf/USyd-Misconduct-June19.pdf>

11. Recent letters and documents addressing the 30-diet lifespan fraud that you may find interesting

Below I set out recent letters and documents relevant to my assessment that the University of Sydney is protecting serious research misconduct. Beyond trying to stop taxpayers being defrauded on a massive scale by the Group of Eight (p. 43), I'm concerned about harm to public health: the University of Sydney is dishonestly promoting its sugary low-protein, high-carb mouse diets as healthful and lifespan-extending when such diets promote type 2 diabetes, misery and early death, especially in Indigenous communities and aged-care facilities.

- On 17 December 2019, University of Sydney Deputy Vice-Chancellor (Research) Duncan Ivison wrote to RR with notification on the "Outcome of initial inquiry into concerns raised regarding 2014 Cell Metabolism paper" (p. 27).
- RR's letter the next day to *Cell Metabolism*'s Editor-in-Chief and Editorial Board to request faulty paper's retraction (p. 29)
- Report by hard-hitting journalist Adam Creighton in *The Australian* in August outlining key aspects of the 30-diet fraud (p. 20)
- RR's letter to ABC management explaining that four reporters have been duped by the Charles Perkins Centre (p. 32)
- RR's letter to DVC(R) Ivison to **request a review** of Senior DVC Garton's dishonest 17 December "initial inquiry" findings regarding research misconduct by Simpson *et al*, including a fake authorship gifted to Harvard's David Sinclair (p. 34).
- **The Big Picture: Incompetence, scientific fraud, careerism and a lust for taxpayer funding dominating "science"** (p. 42)

12. Latest news – as at 1 March - on DVC(R) Ivison's review of his mistake in accepting Senior DVC Garton's dishonest report

From: **Research Integrity** <research.integrity@sydney.edu.au>

Date: Wed, Jan 8, 2020 at 4:31 PM

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

To: **roty** robertson <strathburnstation@gmail.com>

Dear Mr Robertson,

Thank you for your email of 31 December 2019. I apologise for the delay in responding as the University was closed from 21 December 2019 to 6 January 2020 (inclusive). I am now writing on behalf of the Research Integrity Office to acknowledge receipt of your request for review, and will contact you if any additional information is required.

Kind regards,

A...

..... PhD | Project Officer

Research Integrity | Research Portfolio

THE UNIVERSITY OF SYDNEY

Uni challenged on high-carb research claims

EXCLUSIVE

By ADAM CREIGHTON
ECONOMICS EDITOR
Follow @Adam_Creighton

12:00AM AUGUST 8, 2019
126 COMMENTS



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

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

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

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

READ NEXT



US OPEN
Barty's dream draw

COURTNEY WALSH

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

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

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

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

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

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

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

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

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

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

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

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

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

Statement by research authors

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

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

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

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

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

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

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

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

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

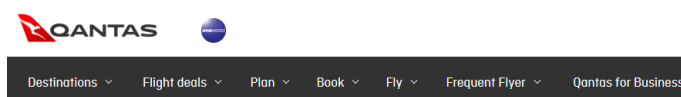
They noted that the study is "... tightly integrated with a large and growing body of evidence from humans. Also, the fundamental biological processes (nutrient signalling pathways) that serve to mediate the effects of nutrients on health and ageing are universal - shared by mice, humans, flies, worms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

ADAM CREIGHTON, ECONOMICS EDITOR

Adam Creighton is an award-winning journalist with a special interest in tax and financial policy. He was a Journalist in Residence at the University of Chicago's Booth School of Business in 2019. He's written ... [Read more](#)



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



THE EXPERIENCE

Qantas and Charles Perkins Centre announce partnership



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

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

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

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

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

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

Simpson's letters confirm that Garton's story is contrived nonsense, and ~150 mice should be in survival curves

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

I provided the unassailable scientific evidence that ~150 (143) dead mice had suffered severe malnutrition directly to Senior DVC Garton and the rest of the ~100 person University of Sydney Academic Board via my June *Submission* to the research-integrity inquiry (see link in the footer of this page). Alas, to pretend that Simpson's 143 hidden, malnourished-then-dead low P:C mice had not been dying from severe malnutrition, Senior DVC Garton dishonestly "disappeared" my definitive scientific evidence and then set out to fabricate new false, fake evidence. With the help of uncomprehending Professor Peter Koopman, Senior DVC Garton now is dishonestly pretending that many of Simpson's 143 hidden, severely malnourished mice were in fact well-fed and healthy, right before the vet was forced to put them out of their misery: **"it could not be known whether mice fed these [low P:C, insect-friendly, mouse-killing] diets would have died, or whether they would have lived long and healthy lives had they not been euthanised"** (IIR, 6/7).

Senior DVC Garton's dishonest "disappearing" of my definitive scientific evidence and clownish fabrication of new, false, fake evidence is all about pretending that the ~150 dead, hidden mice should not be counted in survival curves in Simpson's *Cell Metabolism* paper (overleaf).

From: **Stephen Simpson (CPC)** <stephen.simpson@sydney.edu.au>

Date: Fri, 18 Jan 2019 at 14:30

Subject: RE: Inquiry concerning 2014 mouse-diet study

To: ;

Dear,

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

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

Yours ever,
Steve

PROFESSOR STEPHEN J. SIMPSON AC FAA FRS
Academic Director, Charles Perkins Centre
School of Life and Environmental Sciences

THE UNIVERSITY OF SYDNEY

D17 - Charles Perkins Centre Research and Education Hub | The University of Sydney | NSW | 2006

T +61 2 8627 1613

E stephen.simpson@sydney.edu.au

W <https://sydney.edu.au/science/people/stephen.simpson.php>

W <http://sydney.edu.au/perkins>

From: **Stephen Simpson (CPC)** <stephen.simpson@sydney.edu.au>

Date: Wed, Jan 30, 2019 at 9:01 AM

Subject:

To: **strathburnstation@gmail.com** <strathburnstation@gmail.com>

Cc: Creighton, Adam <creightona@theaustralian.com.au>, Emambokus, Nikla (ELS-CMA) <NEmambokus@cell.com>, Samantha Solon-Biet <samantha.biet@sydney.edu.au>, David Le Couteur <david.lecouteur@sydney.edu.au>

Dear Rory,

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

Steve

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

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

NHMRC Principal investigator Simpson's "big idea" in his 2012 book – *The Nature of Nutrition: A Unifying Framework from Animal Adaptation to Human Obesity* - is that "protein restriction" extends lifespan in insects, mice and humans (see pp. 11-12). Australian taxpayers paid ~\$1m to facilitate Professor Simpson's career-defining 30-diet experiment. In the event, the 30-diet experiment **devastated Simpson's long-planned "preferred outcome"**: ~150 mice on five of his carefully designed, protein-restricting, insect-friendly diets suffered severe malnutrition and had to be euthanised "immediately". **Fully one-third of Simpson's 15 low P:C diets killed all their trapped mice.**

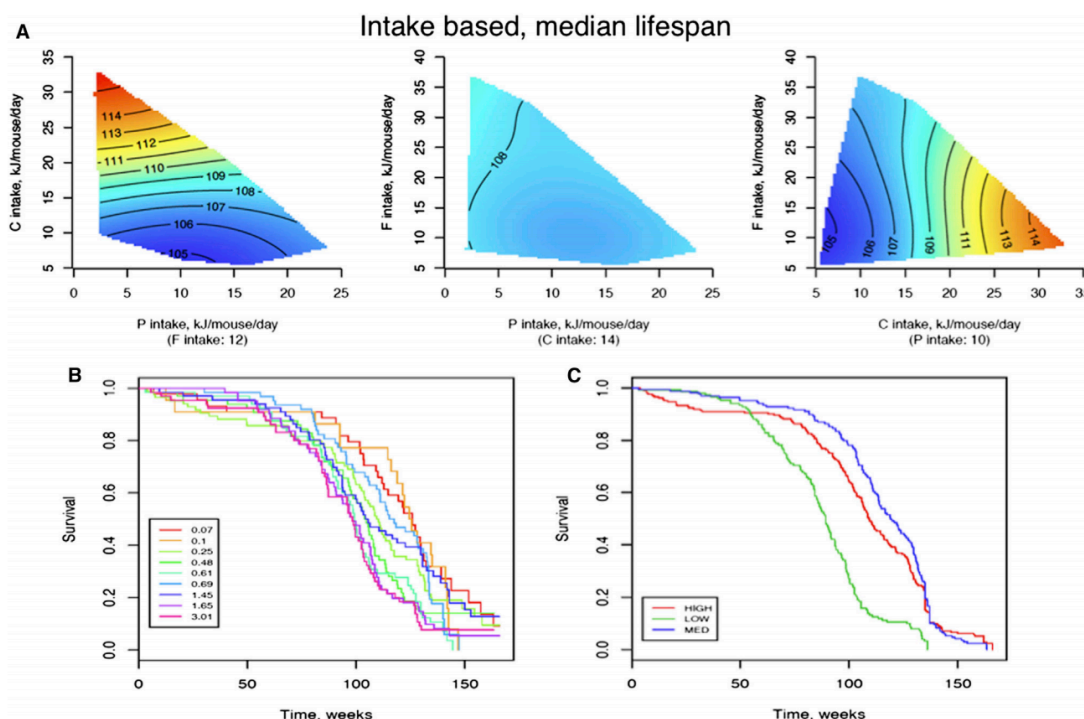
His pet hypothesis falsified, Simpson simply hid the five killer low P:C diets and their 143 dead mice. The scientific community - including readers of the main text of his faulty *Cell Metabolism* paper - are not shown the *actual* results, only misrepresented results for 25 diets: "The data we present derive from 858 mice fed one of 25 diets differing systematically in protein, carbohydrate, and fat content and energy density". **An honest, largely factual report might begin: "The data we present derive from 858 mice fed one of 30 [not 25] diets", with the 143 dead mice on the five killer low P:C diets properly included in the survival curves in panels B and C below.**

As discussed on pp.14-15, a separate, competing mouse-lifespan analysis in 2014 by Harvard "Lifespan" superstar Professor David Sinclair - Simpson's sham "co-author" of the *Cell Metabolism* paper – confirms that the 143 dead mice dying young via severe malnutrition while fed five of Simpson's low P:C, insect-friendly, mouse-killing diets should indeed be **represented in the survival curves below**, not hidden from the scientific community to lessen the pain of a career-defining experiment **wrecking a long-planned "preferred outcome"**.



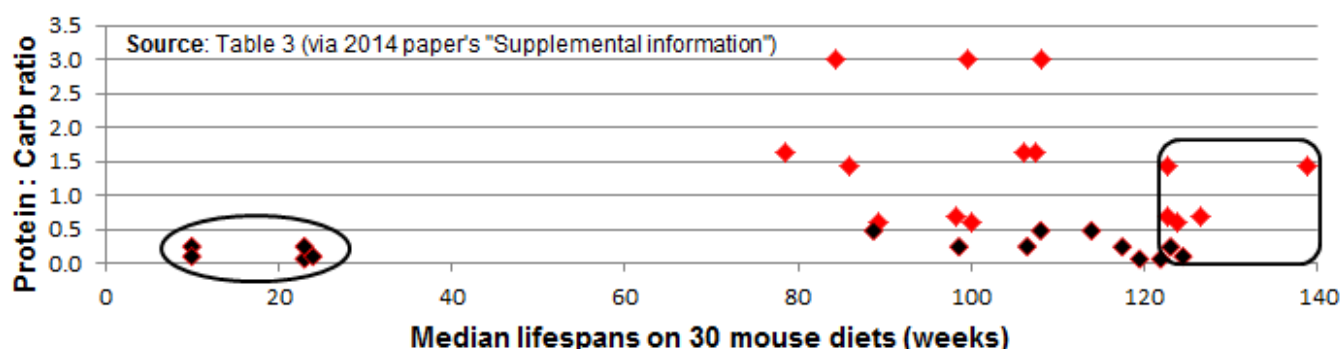
Cell Metabolism

Geometric Framework and Aging



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

Median lifespans of 30 cohorts of mice, versus PC ratio of 30 diets



Source: *Cell Metabolism* via my Table 3 on p. 10.

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

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

Importantly, when you buy these C57BL/6 mice for laboratory use, **you are told** that "fed a high-fat [low-carbohydrate] diet", they "develop obesity, mild to moderate hyperglycemia, and hyperinsulinemia": <https://www.jax.org/strain/000664>
While it's widely known that standard lab mice get fat and sick on low-carb diets, Professor Stephen Simpson – Academic Director of the Charles Perkins Centre at the University of Sydney – saw mere confirmation of that as important:

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

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

But that was not an important finding, unless all 18 researchers failed to read the instructions on their new box of lab mice. More important is the readily available 2012 paper (below) that explains to **insect specialists** unfamiliar with mice that the C57BL/6 mouse is a **bad animal model** for humans when the critical issues for discussion include obesity, type 2 diabetes, cardiovascular disease (CVD) and longevity.

Again, these lab mice are problematic when the issues for investigation include diet and health, insulin resistance (aka Metabolic Syndrome) and longevity in humans. That's because the metabolic responses of standard lab mice and humans are profoundly different; in particular, C57BL/6 mice put on low-carb, high-fat diets typically become fat and sick - via insulin resistance - whereas humans tend to thrive.



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

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

PMCID: PMC3488544

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

• Author information • Article notes • Copyright and License information [Disclaimer](#)

This article has been [cited by](#) other articles in PMC.

Abstract

Go to:

High fat feeding in rodents generally leads to obesity and insulin resistance **whereas in humans** this is only seen if dietary carbohydrate is also high, the result of the anabolic effect of poor regulation of glucose and insulin. A previous study of C57BL/6 mice (Kennedy AR, et al.: *Am J Physiol Endocrinol Metab* (2007) **262** E1724-1739) appeared to show the kind of beneficial effects of calorie restriction that is seen in humans but that diet was unusually low in protein (5%). In the current study, we tested a zero-carbohydrate diet that had a higher protein content (20%). Mice on the zero-carbohydrate diet, despite similar caloric intake, consistently gained more weight than animals consuming standard chow, attaining a dramatic difference by week 16 (46.1 ± 1.38 g vs. 30.4 ± 1.00 g for the chow group). Consistent with the obese phenotype, experimental mice had fatty livers and hearts as well as large fat deposits in the abdomino-pelvic cavity, and showed impaired glucose clearance after intraperitoneal injection. In sum, the response of mice to a carbohydrate-free diet was greater weight gain and metabolic disruptions **in distinction to the response in humans** where low carbohydrate diets cause greater weight loss than isocaloric controls. The results suggest that **rodent models of obesity may be most valuable in the understanding of how metabolic mechanisms can work in ways different from the effect in humans.**

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

NHMRC Principal investigator Simpson and his 17 co-authors should have known that mouse and human responses to low-carbohydrate (high-fat) diets tend to be profoundly different; they should be aware that sugary low-protein, high-carb mouse diets tend to harm humans. **Tragically, many Australians are dying prematurely via type 2 diabetes and CVD as a result of eating the kind of sugary low-protein, high-carb mouse diets promoted by the Charles Perkins Centre as excellent for human longevity. Compare and contrast the sugary mouse diets on p. 5 and p. 18 with the sugary diets harming humans on pp. 46-48.**

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

World's GPs knew by 1923 that excess consumption of carbohydrate including sugar causes type 2 diabetes

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

(a) **EXCESS OF CARBOHYDRATE INTAKE.**—In a normal state the sugar in the blood is about 0.1 per cent. In diabetes the percentage is usually from 0.2 to 0.4 per cent. The 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-1textbook.pdf>

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

28 | LIVING IN AUSTRALIA

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

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

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

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



Diabetes Therapy
April 2018, Volume 9, Issue 2, pp 583-612 | [Cite as](#)

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

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>



Duncan Ivison

Deputy Vice-Chancellor (Research)

17 December 2019

Mr Rory Robertson

By email: strathburnstation@gmail.com

PRIVATE & CONFIDENTIAL

Dear Mr Robertson,

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

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

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

I have accepted the findings and recommendations of the initial inquiry, and do not consider that the matters you have raised warrant any further investigation.

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

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

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

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

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

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sydney.edu.au

ABN 15 211 513 464
CRICOS 00026A



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

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

Yours sincerely,

A handwritten signature in black ink, appearing to read 'D. M. Ivison'.

Professor Duncan Ivison

Deputy Vice-Chancellor (Research)

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

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

Rory Robertson +61 414703471
 Wednesday, 18 December, 2019

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

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

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

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

During the sham University of Sydney investigation, it accidentally emerged that the results of the experiment have indeed been misrepresented. **Professor Peter Koopman unearthed "a discrepancy between the total number of animals reported in the paper (N=858) and the actual number of animals used (N=715)":** p. 3
https://sydney.edu.au/dam/corporate/documents/news-opinions/outcome_of_initial_inquiry_2014_paper.pdf

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

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

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

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

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

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

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

Harvard superstar **Sinclair's profoundly different approach to "censoring" dead mice** suggests strongly that Simpson's "disappearing" of mice dying of malnutrition (in a diet-and-survival experiment!) is part of a serious scientific fraud. Sinclair's usual approach is both ethical and honest: "For the longevity study, ... **cases where the condition of the animal was considered incompatible with continued survival are represented as deaths in the curves**. Animals removed at sacrifice or euthanized due to reasons *not* related to incompatible survival were considered as censored deaths. In the standard diet group, 18 mice were censored due to dermatitis...": p. 792
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4172519/pdf/ace10013-0787.pdf>

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

Again, **Editor-in-Chief Allyson Evans**, *Cell Metabolism* journal officials and members of the *Cell Metabolism* Editorial Board, **I respectfully request that you formally retract Simpson et al's faulty paper**. *Cell Metabolism* could then encourage

Stephen Simpson, Harvard superstar David Sinclair and the 16 other "co-authors" to submit a new paper that honestly and correctly presents the results of their taxpayer-funded experiment.

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

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

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

To be clear, I'm saying on Twitter, via [@OzParadoxdotcom](#):

4 of 4

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

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

I seek an independent investigation

Please help

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

#auspol

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

Best wishes for 2020.

Regards,
Rory

--

rory robertson

economist and former-fattie

<https://twitter.com/OzParadoxdotcom>

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

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>

From: rory robertson [mailto:strathburnstation@gmail.com]

Sent: Wednesday, 18 December 2019 7:39 AM

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

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

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

Date: Tue, Nov 19, 2019 at 7:01 AM

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

To: <email list below>

Rory Robertson +61 414 703 471

Dear journalists and management at Our ABC,

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

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

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

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

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

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

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

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

Regards,
Rory

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

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Rory Robertson +61 414703471

Tuesday, 31 December, 2019

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

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

Happy New Year everyone, and best wishes for 2020!

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

I enjoyed reading your "initial inquiry" report, as it provides further clear evidence that the University of Sydney is dishonestly supporting scientific fraud and promoting harm to public health. Further, I think your faulty, dishonest report provides fresh support for my longstanding assessment that University of Sydney management is defrauding taxpayers on a massive scale: p.

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

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

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

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

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

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

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

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

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

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

A. MY APPLICATION FOR A REVIEW

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

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

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

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

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

- *University managements must "Facilitate the prevention and **detection** of potential breaches of the Code" and "Ensure that the process for managing and investigating concerns or complaints about potential breaches of the Code is timely, **effective** and in accord with procedural **fairness**".*
- *"The preliminary assessment is critical and should be handled with **due care and attention**" because "...careful collection and recording of facts and information are **essential** to conducting a **robust preliminary assessment able to withstand subsequent scrutiny**".*
- *Importantly, "Investigators and decision-makers are to be **impartial**..." (my emphasis).*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Further, the NHMRC states:

Authorship should not be attributed solely on the basis of:

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

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

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

(2) Later, Harvard superstar David Sinclair's lack of genuine involvement in the faulty paper appeared to be confirmed by his name appearing only once - via his listing as a co-author - while Simpson's name appears a notable 25 times. Looking at the paper's

extensive bibliography, exactly none of superstar Sinclair's prolific published intellectual property appears to have guided the 30-diet experiment or the formal report on the high-profile experiment (try command F "Simpson" and "Sinclair" in <https://www.cell.com/action/showPdf?pii=S1550-4131%2814%2900065-5>)

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

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

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

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

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

Now, Harvard superstar Sinclair's completely different approach to "censoring" dead mice appears profoundly important. Sinclair's usual approach is both ethical and honest: "For the longevity study, only cases where the condition of the animal was considered incompatible with continued survival are represented as deaths in the curves. Animals removed at sacrifice or euthanized due to reasons not related to incompatible survival were considered as censored deaths. In the standard diet group, 18 mice were **censored [disappeared] due to dermatitis...**" p. 792 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4172519/pdf/ace10013-0787.pdf>

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

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

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

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

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

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

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

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

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

The bottom line remains that "Principal investigator" Simpson has misrepresented the results of his 30-diet experiment in exactly

the way one would expect if he were dishonestly seeking to "prove" the mistaken forecasts in his 2012 book "correct". The dishonesty has flowed thick and fast since January 2019, when he falsely claimed that "Rory's concerns are in every respect unfounded".

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

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

B. APPLICATION FOR AN INDEPENDENT RESEARCH-MISCONDUCT INVESTIGATION

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

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

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

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

- **First**, as discussed above, your research-integrity investigator - the University of Sydney's Senior DVC, Stephen Garton - has been caught red-handed hiding my evidence that Simpson's ~150 missing mice "would soon have died from malnutrition" because, as Simpson explains: "In short, these diets were not viable for a young, growing mouse". Garton then introduced fluffy, false, fake evidence pretending that "it could not be known whether mice fed these diets would have died, or whether they would have lived long and healthy lives had they not been euthanised". What a disgrace. A new low point in Australian Group of Eight "science"?
- **Second**, we now know - and this too is "significant new information", not reported in my Submissions - that Harvard superstar David Sinclair - reported to be a co-author of Simpson's disputed paper - would not have allowed Simpson simply to delete ~150 mice on low P:C diets from their published survival analysis in *Cell Metabolism*.

Please consider - carefully - Professor Sinclair's profoundly different approach to "censoring" ("disappearing") dead mice: "For the longevity study, only **cases where the condition of the animal was considered incompatible with continued survival are represented as deaths in the curves**. Animals removed at sacrifice or euthanized due to reasons not related to incompatible survival were considered as censored deaths. In the standard diet group, **18 mice were censored [excluded] due to dermatitis...**": p. 792 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4172519/pdf/ace10013-0787.pdf>

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

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

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

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

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

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

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

You wrote: "...the [disputed *Cell Metabolism*] paper was evaluated [i] through the journal's peer review process prior to publication and [ii] in an extra independent review conducted by the journal in June in response to Mr Robertson's complaint. **The University is satisfied that**

there is no basis for any of the matters raised by Mr Robertson to be investigated further".

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Some observers will be interested to discover that NHMRC Principal investigator Simpson - also Academic Director of the palatial Charles Perkins Centre, responsible for overseeing "close to 1000" taxpayer-funded researchers: <https://www.smh.com.au/national/university-sets-up-500m-centre-for-obesity-research-20130724-2qiq8.html> - and *Sydney Morning Herald* investigative journalist Kate McClymont - also a "Pro-Chancellor" at the University of Sydney - these days regularly sit alongside each other as **"Fellows" of the University of Sydney's Senate**. In coming meetings, they may have quite a lot to talk about: <https://sydney.edu.au/about-us/governance-and-structure/governance/senate/our-senate-fellows.html>

On University of Queensland Professor Peter Koopman's role in various matters above, he appears to have been paid by the University of Sydney for the use of his name, to add undeserved credibility to DVC Garton and DVC(R) Ivison's sham "initial inquiry" report. I rang Professor Koopman and spoke to him for 25 minutes on Wednesday 18 December, the afternoon after the report was published. Having

seen my letter to *Cell Metabolism* earlier in the day - requesting the formal retraction of Simpson's faulty paper - Professor Koopman quickly objected to my use in my letter of the word "sham" to describe the University of Sydney's "investigation" into my concerns about the 30-diet mouse-lifespan fraud.

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

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

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

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

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

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

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

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

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

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

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

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

Regards,
Rory

rory robertson

economist and former-fattie

<https://twitter.com/OzParadoxdotcom>

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>

From: rory robertson [mailto:strathburnstation@gmail.com]

Sent: Tuesday, 31 December 2019 1:19 PM

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

To: Duncan Ivison; Stephen Garton; Stephen Simpson (CPC); David_Sinclair@hms.harvard.edu; david.sinclair@unsw.edu.au; Michael Spence; kmcclymont@smh.com.au

Cc: Research Integrity; aric@nhmrc.gov.au; David Raubenheimer; David Le Couteur; David Vaux; Peter.Brooks@nh.org.au; s.gandevia@neura.edu.au; cglennbegley@gmail.com; b.graham@victorchang.edu.au; aholmes@unimelb.edu.au; jenkins.m@wehi.edu.au; bob.williamson@mcri.edu.au; Alanjoyce@qantas.com.au; AndrewDavid@qantas.com.au; GarethEvans@qantas.com.au; AndrewFinch@qantas.com.au; JohnGissing@qantas.com.au; LesleyGrant@qantas.com.au; VanessaHudson@qantas.com.au; TinoLaSpina@qantas.com.au; RobMarcolina@qantas.com.au; StephanieTully@qantas.com.au; AndrewParker@qantas.com.au; oliviawirth@qantas.com.au; Richard Fisher; Anthony Masters; Chair Academic-Board; Rebecca Halligan; Honi Soit; Anne.Kelso@nhmrc.gov.au; Alan.Singh@nhmrc.gov.au; Prue.Torrance@nhmrc.gov.au; Julie.Glover@nhmrc.gov.au; Clare.McLaughlin@nhmrc.gov.au; Tony.Kingdon@nhmrc.gov.au; Tony.Willis@nhmrc.gov.au; Samantha.Robertson@nhmrc.gov.au; Tony.Krizan@nhmrc.gov.au; Sarah.Byrne@nhmrc.gov.au; nhmrc@nhmrc.gov.au; ceo@arc.gov.au; era@arc.gov.au; Leanne.Harvey@arc.gov.au; Fiona Cameron; Sarah Howard; Kylie.Emery@arc.gov.au; Therese.Jefferson@arc.gov.au; Stephen.Buckman@arc.gov.au; Dennis.DelFavero@arc.gov.au; Clive.Baldock@arc.gov.au; alan.finkel@chiefscientist.gov.au; Rod; Delia; rami.greiss@accc.gov.au; simon.longstaff@ethics.org.au; chief.executive@go8.edu.au; matt.brown@go8.edu.au; alex.kennedy@go8.edu.au; nick.popovic@go8.edu.au; jane.liang@go8.edu.au; cheryl.kut@go8.edu.au; Lachlan.Murdoch@go8.edu.au; Sally.Nimon@go8.edu.au; admin@go8.edu.au; DVCResearch@unsw.edu.au; Michael.Murphy@acu.edu.au; james.sing@batchelor.edu.au; kharris@bond.edu.au; r.coll@cqu.edu.au; christine.edward@cdu.edu.au; radams@csu.edu.au; elizabeth.przywolnik@curtin.edu.au; Julie.Owens@deakin.edu.au; m.duryea@ecu.edu.au; research.era@federation.edu.au; era@flinders.edu.au; T.sheil@griffith.edu.au; marianne.brown@jcu.edu.au; Alistair.Duncan@latrobe.edu.au; semira.dautovic@mq.edu.au; sian.wright@monash.edu; a.macdonald@murdoch.edu.au; era@qut.edu.au; michael.walsh@rmit.edu.au; Peter.Barnard@scu.edu.au; nyates@swin.edu.au; Irwan.krisna@anu.edu.au; ltownsin@laureate.net.au; simon.brennan@adelaide.edu.au; Shubhra.Roy@canberra.edu.au; JMcDowell@divinity.edu.au; l.sonenberg@unimelb.edu.au; gbridier@une.edu.au; Thomas.Chow@unsw.edu.au; Paula.A.Jones@newcastle.edu.au; Marc.Fellman@nd.edu.au; era-liaison@uq.edu.au; sue.mikilewicz@unisa.edu.au; lisa.wainwright@usq.edu.au; lesley.ashton@sydney.edu.au; regina.magierowski@utas.edu.au; Scott McWhirter; lzhaio@usc.edu.au; laila.simpson@uwa.edu.au; sharonma@uow.edu.au; Alex.Skevoftylakas@vu.edu.au; s.hannan@westernsydney.edu.au; investigations@abc.net.au; science.editor@your.abc.net.au; thelab@your.abc.net.au; catalyst@your.abc.net.au; lifematters@abc.net.au; mediawatch@abc.net.au; scott.sophie@abc.net.au; worthington.elise@abc.net.au; taylor.kyle@abc.net.au; morris.gaven@abc.net.au; McMurtrie.Craig@abc.net.au; Connie Carnabuci; david.anderson@abc.net.au; board@your.abc.net.au; Welch.Dylan@abc.net.au; McGrath.Pat@abc.net.au; Oakes.Dan@abc.net.au; Trigger.Rebecca@abc.net.au; Mark Maley; Kirstin McLiesh; dingle.sarah@abc.net.au; Brissenden.Michael@abc.net.au; March.Stephanie@abc.net.au; McNeill.Sophie@abc.net.au; Neighbour.Sally@abc.net.au; sallyneighbour@hotmail.com; Ramsay.Morag@abc.net.au; Nicholls.Sea@abc.net.au; ferguson.sarah@abc.net.au; Connolly.Anne@abc.net.au; Fallon.Mary@abc.net.au; Patricia Drum; Milligan.Louise@abc.net.au; Meldrum-Hanna.Caro@abc.net.au; Oaten.James@abc.net.au; Morgan.Danny@abc.net.au; Cowan.Jane@abc.net.au; Willacy.Mark@abc.net.au; Selvaratnam.Naomi@abc.net.au; Harvey.Adam@abc.net.au; Hancock.Tom@abc.net.au; Sales.Leigh@abc.net.au; phillip.lasker@abc.net.au; Stephen Long; peter.ryan@abc.net.au; Robertson.Andrew@abc.net.au; Sheryle Bagwell; clugston.anne@abc.net.au; Michael Janda; Alan Kohler; Emma Alberici; wordsworth.matt@abc.net.au; hall.eleanor@abc.net.au; lane.sabra@abc.net.au; Elysse Morgan; Austin.Stephen@abc.net.au; Aevans@cell.com; s.fabbiano@cell.com; rlevinson@cell.com; rmott@cell.com; lshipp@cell.com; estebbins@cell.com; sbryer@cell.com; acdclark@cell.com; ccomeau@cell.com; khelgeson@cell.com; blatham@cell.com; a.kitson@elsevier.com; Keith Wollman; Edita Cellstemcell; jatkinson@cell.com; lgoyal@cell.com; plee@cell.com; eporro@cell.com; madinolfi@cell.com; jchristison@cell.com; gharp@cell.com; jcaputo@cell.com; jgraves@cell.com; press@cell.com; da230@columbia.edu; altshul@broadinstitute.org; nancy.andrews@duke.edu; Bo.Angelin@ki.se; johan.auwerx@epfl.ch; fredrik.backhed@gu.se; j-bass@northwestern.edu; Per-Olof.Berggren@ki.se; Morris Birnbaum; mbrand@buckinstitute.org; bruening@sf.mpg.de; thomas.coffman@duke-nus.edu.sg; coffm002@duke.edu; rcone@umich.edu; ana-maria.cuervo@einstein.yu; joel.elmquist@utsouthwestern.edu; sven.enerback@medgen.gu.se; evans@salk.edu; jorge.ferrer@crg.eu; p.froguet@imperial.ac.uk; Jeffrey Gordon; leonard guarente; Jan-Ake Gustafsson; Jan-ake.Gustafsson@ki.se; d.g.hardie@dundee.ac.uk; steven.heymsfield@pbrc.edu; helen.hobbs@utsouthwestern.edu; 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The Big Picture: Incompetence, scientific fraud, careerism and a lust for taxpayer funding dominating "science"

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

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

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

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

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

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

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

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

Again, Simpson **improperly concealed fully one-third of the 15 low P:C (Protein : Carbohydrate) diets** and tried to hide 143 mice that suffered severe malnutrition on those **five killer low P:C diets** before being euthanised. Simpson then **falsely concluded that low P:C diets extend lifespan in mice as in insects (and so humans)**, as forecast in his highly cited 2012 book (pp. 2, 4-5, 8-12). Simply ignored is the fact that mice and humans have profoundly different metabolisms when it comes to low-carbohydrate (high-fat) diets. And too bad that the low-protein, high-carbohydrate diets that it falsely promotes as lifespan-extending cause type 2 diabetes, misery and early death in humans, particularly in Indigenous communities and aged-care facilities.

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

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

From these two troubling case studies, it is hard to avoid the conclusion that Group of Eight "science" is untrustworthy and simply cannot be relied upon in public-policy discussions. There is no competent, honest quality control when it matters. Most recently, Senior Deputy Vice-Chancellor Garton's dishonest "initial inquiry" report – a report that was "held back" for months so it could be published during the summer lull, on 17 December 2019 - is an absolute disgrace.

The ongoing scientific misconduct by influential science careerists at the University of Sydney is a **national scandal that should be brought to public's attention and stopped**. Priority should be given to rescuing the one-million-plus Australians who, for no good reason, are left without proper treatment to suffer type 2 diabetes, misery and early death (pp. 44-60).

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

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



commitment to excellence Excellence & results



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

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

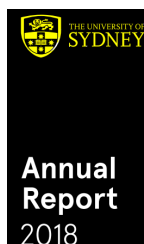
Dr Michael Spence
Chair

2016

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

https://go8.edu.au/files/docs/page/commitment-to-excellence_web_0.pdf ;

https://www.go8.edu.au/oldcontent/sites/default/files/docs/page/go8_in_profile_brochure.pdf



1.2 Federal government funding

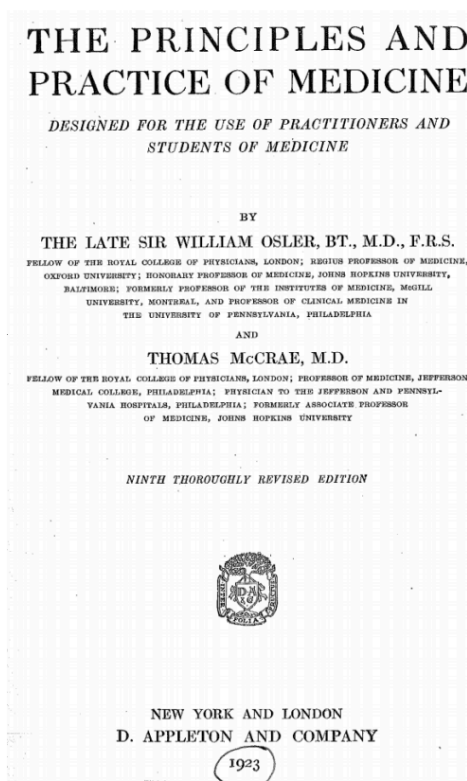
Declining federal financial support in real terms has continued to intensify pressure on the University and has increased the University's reliance on fee-paying students. Federal operating and capital support decreased by \$4.2 million, although research funding increased by \$11.1 million. The decrease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

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

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

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

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



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

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

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

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

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

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

All sorted a century ago!

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

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
Protein.....	75	4	300
X Fat.....	150	9	1,350
X Alcohol.....	15	7	105
			1,795

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

FOODS ARRANGED APPROXIMATELY ACCORDING TO CONTENT OF CARBOHYDRATES

FOODS ARRANGED APPROXIMATELY ACCORDING TO PERCENTAGE OF FAT				
	5% +	10% +	15% +	20% +
VEGETABLES	Lettuce	Cauliflower	Green Peas	Potatoes
	Spinach	Tomatoes	Artichokes	Shell Beans
	Sauerkraut	Rhubarb	Paranips	Baked Beans
	String Beans	Egg Plant	Canned Lima Beans	Green Corn
	Celery	Leeks		Boiled Rice
	Asparagus	Beet Greens		Boiled Macaroni
	Cucumbers	Water Cress		
	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
Grape Fruit		Oranges	Pears	Bananas
		Cranberries	Apricots	
		Strawberries	Blueberries	
		Blackberries	Cherries	
		Gooseberries	Currants	
		Peaches	Raspberries	
		Pineapples	Huckleberries	
		Watermelon		
NUTS		Butternuts	Brazil Nuts	Almonds
	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			

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

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

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

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

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

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

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

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

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

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

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

"Full sugar soft drinks are a major contributor."

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

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



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

RELATED STORY: Indigenous leaders respond to Closing the Gap

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

Key points:

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

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



HEART & STROKE
FOUNDATION

POSITION STATEMENT

SUGAR, HEART DISEASE AND STROKE

FACTS

- Heart disease and stroke are leading causes of death in Canada, responsible for 27.3% of all deaths.¹ Over 1.3 million Canadians are living with heart disease² and 315,000 Canadians are living with the effects of stroke.³
- More than 60% of Canadian adults⁴ and 31% of children and youth aged 5 to 17 years are overweight or obese.⁵ Children who are obese are at increased risk of remaining overweight or obese as adults.⁶
- Up to 80% of early heart disease and stroke can be prevented through adopting healthy behaviours including eating a healthy diet.
- Sugar is a carbohydrate that provides energy to the body. Other than providing energy, sugar has no other nutritional benefits.
- Sugar can occur naturally in milk, fruit, vegetables, starches, grains and most plant based foods. Sugars can also be added to foods and drinks for flavour, as a sweetener, as a



- Excess sugar consumption is associated with adverse health effects including heart disease,¹⁰⁻¹² stroke,¹⁰ obesity,¹³⁻¹⁷ diabetes,¹⁸⁻²² high blood cholesterol,²³⁻²⁴ cancer²⁵ and dental caries (cavities).²⁶
- Individuals who consume greater than or equal to 10% but less than 25% of total energy (calories) from added sugar have a 30% higher risk of death from heart disease or stroke when compared to those who consume less than 10%. For those who consume 25% or more of calories from added sugar, the risk is nearly tripled.¹⁰

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

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

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

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

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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

egorised 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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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

10 September 2014

MEDIA RELEASE

Embargo: 11:30 am (Canberra Time)

13/2/2014

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 Jeffs 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 Jeffs.

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 Jeffs.

"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%200%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%200%20years%20earlier%20than%20non-Indigenous%20adults%20(Media%20Release)~130)

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

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

Research **13.**

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

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

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

Abstract

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

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

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

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

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

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

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

Energy intake

Macronutrient distribution as a proportion of dietary energy (% [SD])

	Community A	Community B	Community C	All communities
Protein	12.5% (0.3)	14.1% (0.8)	13.4% (0.6)	12.7% (0.3)
Fat	24.5% (0.6)	31.6% (1.5)	33.5% (1.1)	25.7% (0.6)
Saturated fat	9.4% (0.3)	11.6% (0.6)	12.1% (0.3)	9.7% (0.3)
Carbohydrate	62.1% (0.8)	53.3% (1.8)	52.1% (1.1)	60.7% (0.8)
Sugars	34.3% (0.8)	28.9% (2.2)	25.7% (1.8)	33.4% (0.7)

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

10/20/2015

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



Australian Bureau of Statistics

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

MEDIA RELEASE

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132/2014

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

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

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

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

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

<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4727.0.55.003~2012-13~Media%20Release~Aboriginal%20and%20Torres%20Strait%20I...> 1/2

[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)

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


*** NURSING HOME MENU - 2015 *** ①

Name: _____	NURSING HOME WEEK3 THURSDAY	Diet: _____
<p>BREAKFAST</p> <p>Meal <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large</p> <p>Cereals</p> <p><input type="checkbox"/> Sultana Bran <input type="checkbox"/> All Bran <input type="checkbox"/> Cornflakes <input type="checkbox"/> Weet-Bix <input type="checkbox"/> Rolled Oats <input type="checkbox"/> Sugar <input type="checkbox"/> Equal <input type="checkbox"/> Hot Milk <input type="checkbox"/> Cold Milk</p> <p>Bread</p> <p><input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Toasted</p> <p>Spreads</p> <p><input type="checkbox"/> Margarine <input type="checkbox"/> Butter <input type="checkbox"/> Marmalade <input type="checkbox"/> Plum Jam <input type="checkbox"/> Strawberry <input type="checkbox"/> Apricot Jam <input type="checkbox"/> Vegemite <input type="checkbox"/> Honey</p> <p>Fruit</p> <p><input type="checkbox"/> Compote of fruit <input type="checkbox"/> Prunes</p> <p>Hot Breakfast</p> <p><input type="checkbox"/> Spaghetti</p> <p>Hot Drinks</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal</p> <p>Cold Drinks</p> <p><input type="checkbox"/> Juice <input type="checkbox"/> Milk <input type="checkbox"/> Cordial <input type="checkbox"/> Cold Milo</p> <p>Morning tea served with Cake or Biscuit</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Hot Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal <input type="checkbox"/> Cold Milo <input type="checkbox"/> Milk <input type="checkbox"/> Lemonade <input type="checkbox"/> Juice</p>	<p>LUNCH</p> <p>Meal <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large</p> <p>Main Meal</p> <p><input type="checkbox"/> Beef Sausages & Gravy <input type="checkbox"/> Mashed Potato <input type="checkbox"/> Mashed Pumpkin <input type="checkbox"/> Zucchini <i>Cauliflower</i></p> <p><input type="checkbox"/> Plain Sandwiches</p> <p>Dessert</p> <p><input type="checkbox"/> Bread & Butter Custard <input type="checkbox"/> Fruit <input type="checkbox"/> Ice-cream <input type="checkbox"/> Custard</p> <p>Hot Drinks</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal</p> <p>Cold Drinks</p> <p><input type="checkbox"/> Juice <input type="checkbox"/> Milk <input type="checkbox"/> Cordial <input type="checkbox"/> Cold Milo</p> <p>Afternoon tea with Cake or Biscuit</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Hot Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal <input type="checkbox"/> Cold Milo <input type="checkbox"/> Milk <input type="checkbox"/> Lemonade <input type="checkbox"/> Juice</p>	<p>TEA</p> <p>Meal <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large</p> <p>Soup <input type="checkbox"/> Minestrone Meal <input type="checkbox"/> Meatballs & Gravy <input type="checkbox"/> & Mix Vegetables</p> <p><input type="checkbox"/> Cold Meat <input type="checkbox"/> Salad</p> <p>Bread</p> <p><input type="checkbox"/> White <input type="checkbox"/> Wholemeal</p> <p>Spreads</p> <p><input type="checkbox"/> Margarine <input type="checkbox"/> Butter <input type="checkbox"/> Marmalade <input type="checkbox"/> Plum Jam <input type="checkbox"/> Vegemite <input type="checkbox"/> Apricot Jam <input type="checkbox"/> Strawberry <input type="checkbox"/> Honey</p> <p>Hot Drinks</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal</p> <p>Cold Drinks</p> <p><input type="checkbox"/> Juice <input type="checkbox"/> Milk <input type="checkbox"/> Cordial <input type="checkbox"/> Cold Milo</p> <p><input type="checkbox"/> Fresh Fruit</p> <p>Supper with Cake or Biscuit</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Hot Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal <input type="checkbox"/> Cold Milo <input type="checkbox"/> Milk <input type="checkbox"/> Lemonade <input type="checkbox"/> Juice</p>

*** NURSING HOME MENU - 2015 *** ②

Name: _____	NURSING HOME WEEK2 THURSDAY	Diet: _____
<p>BREAKFAST</p> <p>Meal <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large</p> <p>Cereals</p> <p><input type="checkbox"/> Sultana Bran <input type="checkbox"/> All Bran <input type="checkbox"/> Cornflakes <input type="checkbox"/> Weet-Bix <input type="checkbox"/> Rolled Oats <input type="checkbox"/> Sugar <input type="checkbox"/> Equal <input type="checkbox"/> Hot Milk <input type="checkbox"/> Cold Milk</p> <p>Bread</p> <p><input type="checkbox"/> White <input type="checkbox"/> Wholemeal <input type="checkbox"/> Toasted</p> <p>Spreads</p> <p><input type="checkbox"/> Margarine <input type="checkbox"/> Butter <input type="checkbox"/> Marmalade <input type="checkbox"/> Plum Jam <input type="checkbox"/> Strawberry <input type="checkbox"/> Apricot Jam <input type="checkbox"/> Vegemite <input type="checkbox"/> Honey</p> <p>Fruit</p> <p><input type="checkbox"/> Compote of fruit <input type="checkbox"/> Prunes</p> <p>Hot Breakfast</p> <p><input type="checkbox"/> Spaghetti <i>Scrambled Egg</i></p> <p>Hot Drinks</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal</p> <p>Cold Drinks</p> <p><input type="checkbox"/> Juice <input type="checkbox"/> Milk <input type="checkbox"/> Cordial <input type="checkbox"/> Cold Milo</p> <p>Morning tea served with Cake or Biscuit</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Hot Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal <input type="checkbox"/> Cold Milo <input type="checkbox"/> Milk <input type="checkbox"/> Lemonade <input type="checkbox"/> Juice</p>	<p>LUNCH</p> <p>Meal <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large</p> <p>Main Meal</p> <p><input type="checkbox"/> Roast Pork & Gravy <input type="checkbox"/> Mashed Potato <input type="checkbox"/> Mashed Pumpkin <input type="checkbox"/> Peas</p> <p><input type="checkbox"/> Plain Sandwiches</p> <p>Dessert</p> <p><input type="checkbox"/> Caramel self sauce pudding <input type="checkbox"/> Fruit <input type="checkbox"/> Ice-cream <input type="checkbox"/> Custard</p> <p>Hot Drinks</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal</p> <p>Cold Drinks</p> <p><input type="checkbox"/> Juice <input type="checkbox"/> Milk <input type="checkbox"/> Cordial <input type="checkbox"/> Cold Milo</p> <p>Afternoon tea with Cake or Biscuit</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Hot Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal <input type="checkbox"/> Cold Milo <input type="checkbox"/> Milk <input type="checkbox"/> Lemonade <input type="checkbox"/> Juice</p>	<p>TEA</p> <p>Meal <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large</p> <p>Soup <input type="checkbox"/> Pea & Ham Meal <input type="checkbox"/> Chicken Fricassee <input type="checkbox"/> & Mixed Vegetables</p> <p><input type="checkbox"/> Cold Meat <input type="checkbox"/> Salad</p> <p>Bread</p> <p><input type="checkbox"/> White <input type="checkbox"/> Wholemeal</p> <p>Spreads</p> <p><input type="checkbox"/> Margarine <input type="checkbox"/> Butter <input type="checkbox"/> Marmalade <input type="checkbox"/> Plum Jam <input type="checkbox"/> Vegemite <input type="checkbox"/> Apricot Jam <input type="checkbox"/> Strawberry <input type="checkbox"/> Honey</p> <p>Hot Drinks</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal</p> <p>Cold Drinks</p> <p><input type="checkbox"/> Juice <input type="checkbox"/> Milk <input type="checkbox"/> Cordial <input type="checkbox"/> Cold Milo</p> <p><input type="checkbox"/> Fresh Fruit</p> <p>Supper with Cake or Biscuit</p> <p><input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Hot Milo <input type="checkbox"/> Milk <input type="checkbox"/> Sugar <input type="checkbox"/> Equal <input type="checkbox"/> Cold Milo <input type="checkbox"/> Milk <input type="checkbox"/> Lemonade <input type="checkbox"/> Juice</p>

Charles Perkins Centre's mouse-diet "science" expanded into Dementia in 2018, with 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 **utter nonsense** of the Charles Perkins Centre's bogus high-carbohydrate mouse-diet advice for human longevity, competent scientists, doctors and dietitians in the US are using a well-known low-carbohydrate, high-fat diet to reverse (cure) type 2 diabetes in ~60% of human patients, while overseeing dramatic reductions in both weight and the use of costly ineffective drugs.



Diabetes Therapy
 April 2018, Volume 9, Issue 2, pp 583-612 | [Cite as](#)

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






How does the Virta Treatment compare to Usual Care?

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

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

Groundbreaking Clinical Outcomes

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

	60%	OF PATIENTS REVERSED THEIR TYPE 2 DIABETES
	94%	OF PATIENTS REDUCED OR ELIMINATED INSULIN
	1.3%	AVERAGE HBA1C REDUCTION AT ONE YEAR
	30 lbs	AVG WEIGHT LOSS AT ONE YEAR (12%)
	83%	CLINICAL TRIAL RETENTION AT ONE YEAR

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

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



Nutrition

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



Critical review

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

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

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

Mistreatment of consumers with type 2 diabetes & unethical over-servicing via bogus Group of Eight “science”

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

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

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

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

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

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

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

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

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

In fact, what worked for doctors to fix type 2 diabetes a century ago still works today. Critically, back in 2008, two carefully conducted randomised-controlled trials (RCTs) overseen by widely respected North American scientists confirmed that carbohydrate restriction dramatically outperforms high-carbohydrate diets, including Brand-Miller's widely promoted low-GI high-carb diets (pp. 34-35). The Low-GI crew to this day recklessly ignores this hard RCT evidence.

Further, as noted earlier, a 2018 study overseen by Virta Health's scientists, doctors and dietitians formally documents that carbohydrate restriction **allows 60% of customers with type 2 diabetes to be cured within a year**, and ~90% reduce their use of costly, ineffective drugs: <https://link.springer.com/content/pdf/10.1007%2Fs13300-018-0373-9.pdf> ; <https://blog.virtahealth.com/dr-sarah-hallberg-type-2-diabetes-reversal/>

Other doctors in North America claim up to a 90% success rate in curing type 2 diabetes: “It is not a matter of funding. It is a matter of knowledge”. Dr Jason Fung's world-best-practice carbohydrate restriction delivers massive increases in consumers' quality of life, while collapsing future expenses for customers and taxpayers, by minimising the need for future medical advice, hospitalisations and drugs: (33:00) <https://www.youtube.com/watch?v=FcLoaVNQ3rc>

Tragically, the ADA's faulty high-carbohydrate dietary advice for type 2 diabetes colonised the western world, including Australia, boosting misery and harm among the multitudes who have lived and died with type 2 diabetes. The tragedy is that barely anyone has ever been cured using ADA/Diabetes Australia's usual care. One profoundly important analysis (which also fails to mention the word “carbohydrate”) concludes that any sort of remission via usual care is “very rare”:

...To provide context, 1.7% of the cohort died, while only 0.8% experienced any level of remission... the chances of dying were higher than the chances of any remission. <http://care.diabetesjournals.org/content/early/2014/09/12/dc14-0874.full-text.pdf>

This brings us to the **fundamental mistake** dominating the Charles Perkins Centre's Low-GI approach to nutrition. That is, Brand-Miller and her influential Low-GI crew recklessly ignore, suppress and/or dismiss as unimportant the relevance of their

one profoundly important glycemic-research result: **dietary protein and especially dietary fat** boost consumers' blood-glucose and blood-insulin levels by much less on average than do their "low GI" carbohydrate staples (pp. 33-39).

Professor Jennie Brand-Miller's LowGI Diet Shopper's Guide (2016) features this highly misleading statement:

Be aware! Only carbohydrate-containing foods have GI values. The diet we eat contains three main nutrients: protein, carbohydrate and fat. Some foods, such as meat, are high in protein, while bread is high in carbohydrate and butter is high in fat. We need to consume a variety of foods (in varying proportions) to provide all three nutrients, but the GI applies only to carbohydrate-rich foods. It is impossible for us to measure a GI value for foods like meat which contain negligible carbohydrate. The same applies to cheese, egg, avocado, butter.... It is incorrect to refer to these foods as high or low GI (p. 9).

In fact, the GI of those foods is effectively zero. Critically, traditional Australian wholefoods such as fatty meats, eggs, cheese and butter contain negligible carbohydrate (ditto avocados and olives) and so promote only minor increases in blood-glucose levels. When the problem is fixing type 2 diabetes, nutritious low-carbohydrate foods – those listed above and others – are the answer. In the jargon, those excellent low-carbohydrate foods have a negligible glycemic load (GL).

Again, for type 2 diabetics, what matters is that their blood-sugar/insulin responses to old-style low-GL meals featuring fatty meats, eggs or full-fat dairy and green vegetables are lower than their responses to the supposedly healthy meals involving high-carbohydrate "low-GI" staples including pasta, noodles, rice, breakfast cereals, bread, UP&GO and/or fruits such as bananas, grapes, oranges and apples (p.39). (*Continuous glucose monitoring* can confirm that claim.)

Another profoundly important fact suppressed by mainstream nutrition "scientists" is that low-carbohydrate diets greatly **reduce the risk of cardiovascular disease (CVD)**: <https://cardiab.biomedcentral.com/track/pdf/10.1186/s12933-018-0698-8> ; <https://blog.virtahealth.com/improving-cardiovascular-disease-risk-factors-virta-treatment/>

Consumers are being recklessly misled. Professor Brand-Miller and her Charles Perkins Centre colleagues continue to promote the deception that their high-carbohydrate, low-GI diets outperform carbohydrate restriction as a fix for type 2 diabetes (while minimising CVD risks). Of course, that's utter nonsense – false, misleading and harmful nonsense. Further, I think it's outrageous – a national scandal – that Diabetes Australia (heavily funded by taxpayers and the pharmaceutical industry) advises those who come to it seeking help that **"Meals that are recommended for people with diabetes are the same as for those without diabetes"**: <https://www.diabetesaustralia.com.au/eating-well> ; <https://www.diabetesaustralia.com.au/corporate-partners>

Instead of our one million-plus type 2 diabetics being properly advised on how to cure their type 2 diabetes – by simply restricting their consumption of sugar and other carbohydrate – these vulnerable consumers are told to eat diets of up to 65% carbohydrate and to take diabetes drugs. Again, this "usual care" means that barely 1% of patients have their type 2 diabetes "reversed", "put into remission" or "cured" before their untimely, early deaths. To mask this medical misconduct, doctors and dietitians get comfortable parroting the deceptive false claim that type 2 diabetes is a "progressive chronic disease". This scandalous mistreatment involves decades of patient "management" and overservicing – great for HCPs, drug companies and hospitals, but a disaster for our million-plus hapless consumers kept captive with type 2 diabetes.

Clearly, what needs to change is the "standard of care" for type 2 diabetes advised by HCPs, especially the dietitians overseen by the Dietitians Association of Australia (DAA), and the GPs and specialists overseen by the Royal Australian College of General Practitioners (RACGP), the Australian Medical Association and the Australian Health Practitioners Regulatory Authority. They all need re-education: <https://blog.virtahealth.com/dr-sarah-hallberg-type-2-diabetes-reversal/>

In [its 187-page](#) type 2 diabetes treatment [guidelines](#), the RACGP fails to mention [the word "carbohydrate" \(p. 37, below\)](#). The RACGP, AMA and AHPRA (falsely) promote their doctors as highly qualified and with sufficient skill to properly treat our million-plus consumers with type 2 diabetes, yet in their six or more years at university, Australian doctors typically receive/d almost no training in nutrition matters: <https://twitter.com/DikemanDave/status/1036727669054816256>

That is, very few Australian doctors have any awareness of – let alone practical expertise in – curing consumers' type 2 diabetes by overseeing basic carbohydrate restriction. The same is true of the vast majority of taxpayer-funded dietitians overseen by the Dietitians Association of Australia. Instead, doctors and dietitians blunder along, failing to fix easily fixed type 2 diabetes, typically ensuring decades of repeat business and thus misspent billions of dollars per annum flowing from consumers and taxpayers, to armies of inept HCPs, to hospitals and to companies selling costly, ineffective drugs.

Beyond that unreasonable financial gouge, the ACCC should be concerned that consumers with easily fixed type 2 diabetes are being robbed of what otherwise would be the strong prospect of a return to full or near-full health, and so easier, happier and longer lives. We are talking about unnecessary misery and harm spoiling the lives of more than a million Australian families, each typically for decades, as ageing consumers struggle along and then die prematurely.

How did today's harmful high-carbohydrate treatment of type 2 diabetes become standard in Australia?

It is a national scandal that Australian scientists, doctors and dietitians today know less about curing type 2 diabetes than was widely known by GPs across the world a century ago. It's as if the hard scientific facts behind the effective diet cure widely used a century ago have been deliberately erased from our knowledge base, hidden when we need them most.

How did this happen and why is it allowed to continue? I do not know exactly. But I have some observations. Scientific incompetence and fraud - alongside financial conflicts of interest, often funded by the food and pharmaceutical industries - appear to be key forces sustaining today's harmful high-carbohydrate diabetes advice (pp. 16, 19, 24-25 and 40-42).

Again, the University of Sydney's misguided focus on the Glycemic Index (GI) - rather than on total dietary carbohydrate or even the Glycemic Load (GL) - is one of a series of profound errors that led us down the wrong path, to harm. As noted above, Professor Brand-Miller - the lead author of the *Australian Paradox* fraud and the world's most-enthusiastic promoter of the Glycemic Index - in 2004 was one of the authors of the American Diabetes Association's reckless false-but-influential declaration that carbohydrate restriction does not - and so cannot - fix type 2 diabetes (pp. 32-33).

So too, her *Australian Paradox* fraud co-author, Dr Barclay, consistently rubbished the idea that low-carbohydrate diets are beneficial during the decade or so he was employed as the consumer-focused Head of Research at the Australian Diabetes Council, and as a prominent conduit between the DAA's misinformation and ordinary people in the street:

Have you met Alan Barclay, one of our incredible DAA Spokespeople? Alan is the Chief Scientific Officer at the Glycemic Index Foundation, which licenses its Certified Low GI logo for use on healthy, low GI foods. Alan also works for Australian Diabetes Council as the Head of Research and sits on the Editorial Board of their [sic] and Diabetes Australia's consumer magazines Diabetes Connect and Conquest and their health professional magazine Diabetes Management Journal.
<https://www.facebook.com/dietitiansassociation/posts/have-you-met-alan-barclay/916302678400135/>

Typical of the profound ineptitude of the DAA and Diabetes Australia has been the demonisation over the past 40 years of low-carb diets (simple carbohydrate restriction) as a "fad diet". The ignorance of many taxpayer-funded HCPs is breathtaking, and would be funny if consumers were not living in misery then dying young: the cheap, effective approach widely used to cure type 2 diabetes a century ago - featured in the pre-eminent medical text of the day - is a "fad diet"?

Recall also that Low-GI Professor Stephen Colagiuri appears to be the main scientific author of the *Australian National Diabetes Strategy 2016-2020*. Again, that document fails, unforgivably, to mention the word "carbohydrate":
https://www.nhmrc.gov.au/files/nhmrc/file/research/research_translation_faculty/rtrf_cfa_diabetes_nhmrc_150320.pdf;
[http://www.health.gov.au/internet/main/publishing.nsf/content/3AF935DA210DA043CA257EFB000D0C03/\\$File/Australian%20National%20Diabetes%20Strategy%202016-2020.pdf](http://www.health.gov.au/internet/main/publishing.nsf/content/3AF935DA210DA043CA257EFB000D0C03/$File/Australian%20National%20Diabetes%20Strategy%202016-2020.pdf)

As noted above, diabetes careerist Professor Colagiuri insists there's "absolute consensus" that added sugar (100% carbohydrate) does not cause type 2 diabetes (p. 16). Further, in 2016, he insisted to me in a face-to-face conversation that there is no good evidence that carbohydrate restriction is beneficial for consumers with type 2 diabetes. These statements are nonsense, misleading all in his path about the main cause of type 2 diabetes and the effective cure.

I do not know whether Professor Colagiuri for decades has remained unaware of the key facts with respect to type 2 diabetes, was simply "captured" early on by the diabetes-drug industry, or both. What is well documented is that he is a paid agent of several pharmaceutical companies (p. 42) that benefit enormously from influential misinformation about the dietary cause of type 2 diabetes (excessive consumption of sugar and other carbohydrate), and from the multi-decade suppression of the best-available treatment (eliminating that excess consumption).

Disturbingly, it appears to be common for diabetes careerists and organisations to be captured by the pharmaceutical industry. For example, Melbourne's Baker Heart and Diabetes Institute has searched for a cure for type 2 diabetes for nearly a century, but failed to discover it hiding in plain sight in what was once the pre-eminent medical text in the western world (pp. 30-31). In 2002, with funding from drug company Novo Nordisk, Baker & Co. produced "*Diabetes: the silent pandemic and its impact on Australia*". That document not only conspicuously failed to mention the words "carbohydrate" and "sugar" (the foodstuff), but it also promoted the false and misleading claim: "**As there is currently no cure for [type 2] diabetes, the condition requires lifelong management**": p. 3 <https://www.baker.edu.au/-/media/Documents/impact/diabetes-the-silent-pandemic.ashx?la=en>

Even more disturbingly, Baker & Co. in 2000 - funded by a range of drug companies that benefit from the suppression of the effective diet cure for type 2 diabetes - produced our only widely used risk-assessment tool: "The Australian Type 2 Diabetes Risk Assessment Tool was developed by the Baker IDI Heart and Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG initiative to reduce the risk of type 2 diabetes" (pp. 40-41).

Again, unforgivably, neither "carbohydrate" nor "sugar" (the foodstuff) rated a mention. Suppressing as it does any mention of the dominant factor driving type 2 diabetes (modern doses of sugar and other carbohydrate), **The Australian Type 2 Diabetes Risk Assessment Tool** is worse than useless, in that it steers diligent consumers away from the obvious, effective diet cure. In fact, the *AUSDRISK* quiz might as well have been written by its drug-company sponsors - <https://www.baker.edu.au/impact/ausdiab/sponsors> - to try to maximise, not minimise, our national diabetes crisis, thus promoting the extensive and expensive use of diabetes and other drugs.

Notably, Professor Paul Zimmet - now Professor of Diabetes at Monash University - was a co-author of *AUSDRISK*, alongside Stephen Colagiuri *et al.* As a hard-working diabetes careerist at Baker & Co for decades and an "international leader in diabetes for 40 years", he has published "over 900 papers" and impressively is "listed in both the 2015 and 2016 Thomson Reuter's *Worlds-Most-Influential-Scientific-Minds*". Unfortunately, he too failed to discover the main cause of type 2 diabetes and the effective diet cure, despite both sitting quietly in that once pre-eminent medical text. In recent times, Professor Zimmet

co-Chaired the Australian Government's National Diabetes Strategy Advisory Committee for the development of the (hopeless) 2016–2020 Strategy: <https://www.baker.edu.au/health-hub/clinics/staff/paul-zimmer>

To be fair, these individuals and entities are not unique in their unhelpfulness, incompetence and/or conflicts of interest. The problem of harmful diet misinformation began over half a century ago, in the 1950s and 1960s, when the fledgling post-WW2 nutrition space was hijacked by influential US "experts" including Ancel Keys and Fred Stare, who built careers on false claims demonising dietary fat while promoting modern doses of refined carbohydrates as healthful. By the 1970s, such misinformation had come to dominate modern diet "science", wrecking official dietary advice when it was first launched late that decade in the US, Australia and elsewhere: https://www.australianparadox.com/pdf/keys_1971.pdf; pp. 81-106 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

In Australia, the principal conduit between faulty US dietary advice in the late 1970s and today's faulty high-carbohydrate (45-65%) *Australian Dietary Guidelines* has been **eminent Professor Stewart Truswell**, the University of Sydney's first "Chair of Human Nutrition". Originally from South Africa, Truswell arrived in Australia via the UK in 1978, with an early edition of the faulty *Dietary Goals for the USA* (1977) in his luggage, ready to go. He used that faulty high-carbohydrate (55+%) diet advice as a template, and tells of writing the first edition of our *Dietary goals for Australia* in 1979, based in "small rooms in the Commonwealth Department of Health". Truswell notes: "There was no background [independent] review of the scientific literature at the time...". Moreover, the National Health and Medical Research Council (NHMRC) "adopted the goals unmodified": <http://apjcn.nhri.org.tw/server/apjcn/ProcNutSoc/1990-1999/1995/1995%20p1-10.pdf>

That was just for starters. For more than three decades, Professor Truswell has remained the main scientific author of our deeply flawed high-carbohydrate *Australian Dietary Guidelines*, the key features of which are taught in our schools and are force-fed to consumers largely captive in our aged-care homes, boarding schools, hospitals and prisons: pp. 94-101 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>

Shamefully, Professor Truswell helped his friend Jennie Brand-Miller to **expand her Australian Paradox fraud** into *American Journal of Clinical Nutrition*, after I'd personally explained to him that her key 2000-2003 data (after the ABS had stopped counting from 1999 and discontinued its data as unreliable) are conspicuously flat, dead-ending and fake, and thus unreliable: pp. 54-55 and p. 6 <http://www.australianparadox.com/pdf/USyd-Misconduct-in-ANU-PhD.pdf>

That was a four-page extract from my Submission to ACCCs Scamwatch
pp. 4-7 <https://www.australianparadox.com/pdf/Letter-to-ACCC.pdf>

Pharmaceutical industry pays healthcare professionals, seeking to suppress diet cure for type 2 diabetes?

Pharmaceutical industry payments to healthcare professionals (May 2016-Apr 2017) (4)

	A	C	D	E	I	O
1	Company	Period	Name	HealthCarePractiti	Service	Total
2588	AstraZeneca	May 2016-Oct 2016	Colagiuri, Stephen	Medical Practitioner	Consultant	431.81
2589	AstraZeneca	May 2016-Oct 2016	Colagiuri, Stephen	Medical Practitioner	Consultant	863.64
2590	AstraZeneca	Nov 2016-Apr 2017	Colagiuri, Stephen	Medical Practitioner	Advisory Board or Co	5454.55
2591	iNova	Nov 2016-Apr 2017	Colagiuri, Stephen	Medical Practitioner	Advisory Board	5440.95
2592	MSD	May 2016-Oct 2016	Colagiuri, Stephen	Medical Practitioner	Educational meeting	1273.00
2593	NovoNordisk	Nov 2016-Apr 2017	Colagiuri, Stephen	Medical Practitioner	Advisory Board or Co	2500.00
2594	NovoNordisk	May 2016-Oct 2016	Colagiuri, Stephen	Medical Practitioner	Advisory Board or Co	3000.00
2595						
2596						18963.95

<https://researchdata.andis.org.au/pharmaceutical-industry-payments-apr-2017/968458>

<http://www.abc.net.au/news/2017-10-24/big-pharma-paying-nurses-allied-health-professionals-millions/9077746>

Troubling that University professors moonlighting as paid agents of pharmaceutical companies – including the main scientific author (Prof. Colagiuri) - appear to have been influential in suppressing the known diet cure for T2D from the Department of Health's *National Diabetes Strategy 2016-2020*

Appendix 2	
Diabetes Mellitus Case for Action - Declarations of Interests	
The declarations of interests of Steering Group members, authors and contributors to this Case for Action are listed below.	
Name and Role(s)	Interest(s) declared
Prof Stephen Colagiuri <ul style="list-style-type: none"> Steering Group member Author 	Board membership <ul style="list-style-type: none"> Astra Zeneca/BMS National Advisory Board; MSD National Advisory Board; Novo Nordisk International and National Advisory Board; Sanofi National Advisory Board; Servier International Advisory Board; Takeda National Advisory Board. Consultancy fees/honorarium; support for travel/accommodation; meals/beverages <ul style="list-style-type: none"> Speaker engagements - honoraria, travel expenses, accommodation and meals received from: Astra Zeneca/BMS; MSD; Novo Nordisk; Sanofi; Servier; Takeda. Grants <ul style="list-style-type: none"> Chief Investigator, NHMRC Program Grant 2013-2017 Chief Investigator, NHMRC Project grant Chief Investigator, NHMRC EU FP7 Health project.
Prof Stephen Twigg <ul style="list-style-type: none"> Steering Group member Contributor 	Consultancy fees/honorarium <p>I am on/have been on the following Advisory Boards:</p> <ul style="list-style-type: none"> 2014-present Sanofi-Aventis International Advisory Board (Insulin glargine U300) 2014-present Abbott Scientific Advisory Board (flash glucose monitoring) 2014 Boehringer Ingelheim/Eli Lilly Alliance Advisory Board (Empagliflozin) 2014 Janssen-Cilag Advisory Board (Canagliflozin) 2013-Boehringer Ingelheim/Eli Lilly Alliance Advisory Board (Linagliptin) 2011-2013 AstraZeneca Advisory Board (Onglyza/Dapagliflozin) 2011-2012 Elixir Advisory Board (BMS and Astra Zeneca) 2010-2013 Novo Nordisk Advisory Board (Victoza) 2008-2013 Merck Sharpe & Dohme: Januvia (Sitagliptin) 2009-2013 Novartis: Galvus (Vildagliptin) 2010 SanofiAventis (Lixisenatide).
Prof Sophia Zoungas <ul style="list-style-type: none"> Steering Group member 	Board Membership <ul style="list-style-type: none"> AstraZeneca Pty Ltd; Boehringer Ingelheim Pty Ltd; Bristol-Myers Squibb Australia Pty Ltd; Merck Sharp & Dohme (Australia) Pty Ltd; Novo Nordisk Pharmaceuticals Pty Ltd; Sanofi-aventis Group; AbbVie. Consultancy fees/honorarium <ul style="list-style-type: none"> AstraZeneca Pty Ltd; Boehringer Ingelheim Pty Ltd; Bristol-Myers Squibb Australia Pty Ltd; GlaxoSmithKline Australia Pty Ltd; Merck Sharp & Dohme (Australia) Pty Ltd; Novartis Pharmaceuticals Australia Pty Ltd; Novo Nordisk Pharmaceuticals Pty Ltd; Sanofi-aventis Group; Servier Laboratories (Australia) Pty Ltd; MediMark Australia Education; Elixir Healthcare Education.
Prof Timothy Davis <ul style="list-style-type: none"> Steering Group member 	Consultancy fees/honorarium <p>Speaker fees</p> <ul style="list-style-type: none"> Abbott; Eli Lilly <p>Speaker fees and advisory board membership</p> <ul style="list-style-type: none"> Astra Zeneca; Boehringer Ingelheim; Bristol Meyer Squibb; GlaxoSmithKline; Merck Sharp and Dohme; Novartis; NovoNordisk; Sanofi Aventis <p>Advisory board membership</p> <ul style="list-style-type: none"> Janssen <p>Grants</p> <ul style="list-style-type: none"> Research funding: Eli Lilly; Merck Sharp and Dohme; NovoNordisk; Sanofi-aventis Holds NHMRC grants and intends applying for others during the period of steering group membership. <p>Support for travel/accommodation; meals/beverages</p> <ul style="list-style-type: none"> Provided as part of attendance at Advisory Board/Scientific meetings from: Abbott; Astra Zeneca; Boehringer Ingelheim; Bristol Meyer Squibb; GlaxoSmithKline; Janssen; Merck Sharp and Dohme; Novartis; NovoNordisk; Sanofi aventis

Rory Robertson
12 July 2017

Letter: The scandalous mistreatment of Australians with type 2 diabetes (T2D)

[RR: Highlighting and reproductions of key documents cited have been added to the original letter]

Dear Secretary Martin Bowles, Chief Medical Officer Professor Brendan Murphy, other leaders in the Australian Department of Health and independent observers including journalists,

Good morning and happy National Diabetes Week. My name is Rory Robertson. I am concerned about misguided official advice for Australians with or at risk of type 2 diabetes (T2D).

As you know, the growing global pandemic of T2D is causing misery and early death on a massive scale, in Australia as elsewhere. Indigenous families are suffering a disproportionate share of that misery - including via amputations, blindness, stroke, kidney and/or heart failures - and early death [see pp. 5-6, below].

The good news is that T2D is not a "chronic disease". In most cases, it can be fixed by simple changes in diet. The bad news is that the standard T2D advice overseen by the Department of Health is faulty, harmful and expensive. For most people, the advice reinforces rather than fixes T2D, with few ever returning to being non-diabetic and drug free.

My guess is that, unless fixed quickly, the harmful mistreatment of millions of diabetics will ultimately be viewed as the biggest public-health scandal in Australian history. The scandal is that misery and early death are unfolding on a massive scale while a cheap and effective fix for T2D is left sitting on the shelf (see 4., below).

In my opinion, the Department's faulty T2D advice should be retracted immediately, and replaced with an approach proven to reverse T2D and reduce expensive drug use. This alternative approach - based on strong, century-old science - has the potential to produce the biggest improvement in Australian public health since the end of World War 2, while saving taxpayers many billions of dollars each year.

That may seem fanciful, but the claimed benefits of this alternative treatment are testable, and the scientific evidence is strong. Please subject my following 18 claims to intense scrutiny.

1. In Australia, the standard T2D advice provided via Diabetes Australia, the Dietitians Association of Australia and the Royal Australian College of General Practitioners (GPs) - with the Australian Health Practitioner Regulatory Authority requiring GPs to provide that advice, not the superior alternative - **features a reduced fat, high-carbohydrate diet plus glucose-lowering medications** (both of which tend to promote weight gain). Specifically, Diabetes Australia advises that "People with diabetes should follow the *Australian Dietary Guidelines* [ie. 45-65% carbohydrates]" and "Meals that are recommended for people with diabetes are the same as for those without diabetes".

2. This official advice is highly ineffective, with T2D progressing in most cases. Indeed, Diabetes Australia insists there is "no cure" because "Type 2 diabetes is a progressive condition. As time progresses...people with type 2 diabetes are often prescribed tablets to control their blood glucose levels. Eventually it may be necessary to start taking [exogenous] insulin to control blood glucose levels. ...Sometimes tablets may be continued in addition to insulin. ...it is important to note that this is part of the natural progression of the condition":

<https://www.diabetesaustralia.com.au/managing-type-2>

3. Outside Australia, competent and highly credentialed medical doctors are reversing T2D [see overleaf] and obesity (Figure 5b) in a significant proportion of their patients, within a few months and without exercise:

http://diabetes.jmir.org/article/viewFile/diabetes_v2i1e5/2 ; <http://www.australianparadox.com/pdf/diabetes-type2.pdf>

4. The effective cure for many, used in 3. [see overleaf] was standard medical advice across the western world in 1923, via the most authoritative medical text at that time: *The Principles and Practice of Medicine*, by Sir (Professor) William Osler, MD and Professor Thomas McCrae, MD (9th Edition [see pages 3 and 4, overleaf]; p. 82 <http://www.australianparadox.com/pdf/Big-5-year-update-Feb-2017.pdf>).

<http://www.australianparadox.com/pdf/Expanded-Letter-HealthDept-type2diabetes.pdf>

RORY ROBERTSON

Submission to ACCC's Scamwatch

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

Letter to Mr Rod Sims (Chairman of the ACCC) and senior ACCC officials detailing influential University of Sydney and Group of Eight misinformation that is misleading and harming consumers and taxpayers (p. 1)

Appendix 1: Further evidence of misleading, deceptive and/or dishonest conduct, harming consumers (p.13)

Appendix 2: Charles Perkins Centre misrepresents sugary mouse-diet results, misleading consumers (p. 63)

Appendix 3: A showbag of Low-GI books and sugary branded products, including Hospital Sustagen (p. 77)

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

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

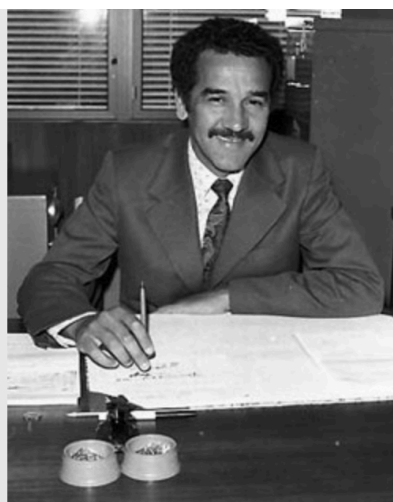
Rory Robertson
December 2018
strathburnstation@gmail.com

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>

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

What would Charlie think of what's being done under his name, if he hadn't died young, via kidney disease?



Charles Perkins, 1974
National Archives of Australia,

Life Summary [details]

Birth

16 June 1936
Alice Springs, Northern Territory, Australia

Death

18 October 2000
Sydney, New South Wales, Australia

Cause of Death

kidney disease

Cultural Heritage

- Indigenous Australian

Education

- Le Fevre High School (Adelaide)
- University of Sydney

Occupation

- Indigenous rights activist/supporter
- public servant
- public service head
- soccer player

Awards

- Officer of the Order of Australia

Key Events

- Freedom Ride, 1965

Key Organisations

- Foundation for Aboriginal Affairs
- Student Action for Aborigines
- National Aborigines Consultative Committee
- Aboriginal and Torres Strait Island Commission

The Charles Perkins Centre: a new model for tackling chronic disease

Stephen J. Simpson



<https://royalsoc.org.au/images/pdf/Forum2016/Simpson.29Nov2016.pdf>
<http://ia.anu.edu.au/biography/perkins-charles-nelson-charlie-810>

Dedication

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

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

<https://www.australianparadox.com/baralaba.htm>

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

rory robertson

economist and former-fattie

<https://twitter.com/OzParadoxdotcom>

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

Here's the latest on that epic Australian Paradox sugar-and-obesity fraud: <http://www.australianparadox.com/pdf/ABC-investigation-AustralianParadox.pdf>

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

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

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

Here's the diet advised by Dr Peter Brukner, recently the Australian cricket team's doctor: <http://www.peterbrukner.com/wp-content/uploads/2014/08/All-you-need-to-know-about-LCHF1.pdf> ; <http://www.abc.net.au/catalyst/lowcarb/>

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

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

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>