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Corrections | 31 December 2019

Correction: Nutritional Recommendations (NutriRECS) on Consumption of Red and Processed Meat Free

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On the author disclosure forms accompanying recent related articles on red and processed meat consumption and health outcomes (1–6), Bradley Johnston did not indicate a grant from Texas A&M AgriLife Research to fund investigator-driven research related to saturated and polyunsaturated fats. This funding is for work in the field of nutrition and the start of funding period was within the 36-month reporting period required in Section 3 of the disclosure form of the International Committee of Medical Journal Editors (ICMJE). Dr. Johnston has updated his disclosure form to include this research funding and also to note funding received from the International Life Science Institute (North America) that ended before the 36-month ICMJE reporting period. The corrected disclosure forms now accompany the articles (1–6).

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1 Comment

Richard M Fleming, PhD, MD, JD

FHHI-OI-Camelot

January 2, 2020

Conflict of Interest: FMTVDM is a utility patent owned by the author. That being said, the author will make this test available for use without cost for the purposes of conducting a study to measure the impact of these diets on heart disease and breast cancer. The quantitative outcome of which will provide the objective truth.

Correcting the Record is more than merely addressing a potential COI or running a meta-analysis of other investigators research.

I congratulate the journal for addressing a potential COI [1]. The greater COI however – one that cannot be over emphasized – is the continued effort to promote diets without proving they are safe or controlling what is published in scientific journals. To that end, I also congratulate the journal for not retracting the published papers given the pressure currently placed on the journal to do so. Those individuals and groups who are currently trying to control scientific publications by coercing the retraction of published papers are all too often funded and controlled behind the scenes by individuals with the financial means to manipulate individuals and journals, thereby usurping control of the scientific community for their own purposes. As is typical of such individuals and groups, they do so under the pretense of concern for the truth. Truth be told, their only concern is for control of what is published. If a free press is critical then this includes the medical and scientific community and journals. The efforts of these individuals and groups are nothing more than a veiled castration of science and an abuse of power by those with money. The scientific community owes the Annals of Internal Medicine a debt of gratitude for not relinquishing control of science to these individuals and groups.

To date there are only three published studies [2-4] - none of which were discussed by Johnston, et al [1] in the original publications - which have been done looking at the effect low carbohydrate diets have on heart disease. Simply measuring changes in weight or changes in blood (cholesterol, CRP, homocysteine, IL-6, et cetera) tests

[5-7] will not tell you what these diets are doing to the arteries of the heart or whether these diets are associated with the development of cancer. Changes in weight or these blood tests simply cannot answer these questions [6] and meta-analysis of such results only further confuse the issue. Individuals not familiar with these published studies [5-7] do not have the pre-requisite knowledge to be part of a serious discussion regarding the impact of these diets. Their continued efforts to pressure their way into the discussion merely confound those scientifically looking for answers.

When I was in training, our professors used to refer to this as mental masturbation. The process of debating obscure, unrelated, fundamentally unimportant issues – the purpose of which was to make the discussant feel better about their argument without ever addressing the important issues being discussed – the Billy Madison principle. In the courtroom attorneys refer to this approach as obfuscation where evidence is ignored or hidden from the jury in an effort to win the case. These efforts are more focused on making people feel important, than finding the truth. This is not a luxury we have in medicine. Ignoring the truth results in misdiagnosis and the loss of life.

Given this outside influence and efforts by people with money and power to control the flow of science, it is no wonder that people doubt so many published studies. Medical journalists – those who report on medical research and the remaining media are many times confused about what is and isn't valid. In truth much – but not all – of the blame falls to us for our failure to clarify the confusion [5-7]. We can; however, and should change all that.

We now know it is possible to measure the effects [8-10] these diets have on coronary (heart) artery disease and breast cancer. By measuring what's happening within the walls of the coronary arteries where the inflammation [5] is occurring and changes occurring within the breast tissue [7,10], we can objectively measure what these diets are doing to people. The question isn't whether this can be done, but whether the diet pundits have the courage to do so. To commit to such a study will result in the exposure of those not telling the truth as well as the validation of those who are telling the truth. For those stating they are interested in finding answers, the time for excuses and obfuscation is over.

It's time for such a study to be done! There's only one reason not to – COI MONEY.

Potential COI: FMTVDM is a utility patent owned by the author. That being said, the author will make this test available for use without cost for the purposes of conducting a study to measure the impact of these diets on heart disease and breast cancer. The quantitative outcome of which will provide the objective truth.

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