

QUOTES
&
READERS' COMMENTS

“The best book of its kind ever... A must read for everyone. It's the exquisite referencing that catapults this book above all others. It's a masterpiece of a scientific expose about all the hype and half-truths about food supplements and cosmetics. It is reminiscent of the famous book The Politics of Cancer by Samuel S. Epstein but is broader and covers all sides of the issues impartially and masterfully.”

Steve Oppenheimer, Ph.D.
U.S. Presidential Award recipient
Fellow AAAS
CSU system Trustees Outstanding Professor
Director CSUN Center for Cancer and
Developmental Biology.

“I was doing some research on the chemical preservative phenoxyethanol when I came across the book "Guilty Until Proven Innocent" by Gagik Melikyan, a must read for anyone who makes, sells or buys body products. ... The book is well written and although chemistry can be difficult to grasp the author does a great job of breaking down the science and making it as understandable as possible for the lay person. ... It is a very profound read for anyone who has taken the lack of oversight from the FDA on the cosmetic industry seriously. ... I appreciate this author's unbiased research and delivery of information to the public ... the book breaks down the science to educate lay persons on what happens to a particular chemical when it is exposed to enzymes in the body. The author makes it clear that if the general public understood the science they would have an entirely different perspective ... I think this is where the title speaks for itself.

Why are so many people saying “the research hasn’t proved anything, so keep using it until it does?” I think someone educated on the science of it all would say, “the research raised the cause for concern but hasn’t proven anything either way, why don’t we avoid this chemical until the research proves beyond a doubt that it is safe?” This is what the author is trying to convey to his readers. ... If you are interested in chemistry at all and what happens to chemicals as they enter the body (synthetic or natural) you will find this book to be very educational. It breaks down the chemical structure of each molecule in a visual manner so that it can be understood by just about anyone.

Michelle Valadez, consumer advocate, Apple Valley, MN
<http://soappixie.blogspot.com/2011/01/guilty-until-proven-innocent.html>

Best health-informative book you can get!! Get this book!!

This book is truly amazing! It goes against what every-day companies tell you are "healthy" products to consume. It provides the public with the information they need about what they are putting into their body. This book is perfect for people who want to know the truth about what they are consuming. It provides no-nonsense, definitive answers to questions that people have about what is healthy, and gives suggestions on what what to consume ... and what not to consume. ... If you have not gotten this book, I would highly recommend you to get it! Dr. Melikyan conveys the truth about the chemicals we are all consuming and gives us the information and tools to change our own lifestyle.”

Windey Haley, Amazon review, 02.25.2011

“Melikyan’s book covers dangers in such every day products as green tea, red wine, coffee, sunscreen, hair color and cosmetics—all of which involve chemical compounds that are structurally similar to known organics that have been linked to cancer and other serious diseases.”

CSUN Press Release, 12.16.2010

“Melikyan said it is the equivalent of putting a person on hormone therapy without telling them first, since skin is the most porous organ in the human body and absorbs most, if not all, of the products applied to it. ... this lack of information and contradiction between claims and fact permeate the food business as it is not as well-regulated as the drug industry.”

Daily Sundial, February 2, 2011

“In *Guilty*, Gagik arms a layperson with the critical knowledge ... Gagik’s down-to-earth writing style has made complex scientific subject matter easily read and understood by the layman.”

In Focus, California Writers Club, Feb 2011

The book “ ... got us thinking about the safety of what we consume to improve our health. His qualifications ... make him a formidable expert in this field ... “

The Valley Scribe, California Writers Club,
Jan 2011, Vol. 3, No.5

Shocking revelations about foods and cosmetics.

Did you know that the vast majority of cosmetics - and even baby products - contain a group of chemicals (parabens) that may very well cause cancer? Did you know that a variety of so-called antioxidants in foods that are touted to protect your body from harm have the ability to transform in your body into harmful chemicals and damage DNA? I was unaware of this shocking reality. But the question is: "Why have I been in the dark?" The answers are in *Guilty Until Proven Innocent: Antioxidants, Foods, Supplements, and Cosmetics*.

Gagik Melikyan presents compelling concerns with regards to the consumption and use of current foodstuffs, supplements, and cosmetics while bringing needed criticism to the very federal organization that has been charged to protect us as consumers. He outlines what needs to be done and provides substantial research-based evidence to backup his claims. This book represents essential information that left this reader ready to take action, join the ranks of food advocacy groups, and apply pressure on elected officials to actuate required changes in the FDA.

The author provides the reader with the necessary background to wrestle with intellectually stimulating topics such as: what happens to chemicals when they enter your body; why tests done in a laboratory on "beneficial" chemicals are not reliable; good vs. bad antioxidants; the trend of natural food; why some of the food we consume on a regular basis should be avoided; why some cosmetics that we use over the span of a lifetime should be avoided. The topics are presented logically and the text is rich with primary resources for the reader that is well versed in science and wishes to explore the presented topics further. For those readers without a science background, the important

messages are very accessible.

The book very much achieves what it sets out to do, namely, warn the public of the potential dangers of common food items and cosmetics. Additionally, the information at its core left a lasting impression that goes against conventional wisdom: advice/recommendations regarding food, supplements, and cosmetics by the very people that are allegedly trained to give this advice (dietitians, nutritionists, medical doctors) may, in fact, not be qualified to give the advice at all. Much of the recommendations that make their way through media outlets are based on studies that are lacking (which is discussed in the book). Only an individual trained at the molecular-scale has the ability to scrutinize the chemicals we put into our body and Melikyan presents recommendations with an expertise that is much needed in an industry that is only interested in your pocket book, not your health. Do yourself and those you care about a favor, read this book. I suspect this is only the tip of the iceberg. Hopefully, a follow-up book is in the works.

Christopher, Amazon review, 06.17.2011

A real eye-opener! Highly recommended for all consumers

I was truly astonished at the amount of reportedly "safe" ingredients used in common consumer products - such as cosmetics and sunscreens, that can have extremely damaging side effects on the human body over time. Dr. Melikyan's works also expose the true nature of substances present in both red wine and green tea previously thought to be harmless and "natural". This information will not only raise your awareness, but also cause you to question the manner in which agencies (such as the FDA) approve the use of certain chemicals as acceptable.

The author presents the information in a clear, concise manner and the book is written at a level easily understandable by the average person. Having attended an award acceptance seminar honoring Dr. Melikyan for his contributions in these areas as well as others, I am thoroughly convinced that the general public should be aware of these facts.

Dan Ballor, Amazon review, 05.20.11

Nomination letter for the *Preeminent Publication Award* (excerpts)

... Rarely does a highly qualified scientist write a book for the general public, one that is both readable and timely. Dr. Melikyan is one of the most productive faculty members in the College of Science and Mathematics, having published over seventy peer-reviewed articles in scientific journal. ... The book represents an enormous effort on his part and it is an important piece of work that should be read by everyone.

The book, provocatively titled “Guilty Until Proven Innocent,” is thoroughly researched and referenced. Much of it is aimed at debunking the myths and hype surrounding an extremely common group of antioxidants referred to as polyphenols. ... Professor Melikyan does a great job of explaining how these compounds are chemically altered in the body and that many of the resulting products (metabolites) can act as poisons. ... This is obviously a book that everyone should read, and I can understand Professor Melikyan’s sense of urgency to get it published.

Professor Melikyan concludes his book with two very bold and radical propositions: the “Nonphenolic and Nonbenzenoid Food” and “Structural and Metabolomic Characterization” proposals. Since

publication these ideas have sparked controversy, and even scorn among those whose livelihoods are dependent upon the multibillion dollar business of selling phenolics and benzenoids. I say kudos to Professor Melikyan for having the courage to write “Guilty Until Proven Innocent.”

The book is good science, covers an immensely important topic, and will undoubtedly continue to bring recognition to California State University, Northridge.

Professor Jerry Stinner
Dean, College of Science and Mathematics
California State University Northridge

Nomination letter for the *Preeminent Publication Award* (excerpts)

Gagik Melikyan has provided a well-researched and documented book, *Guilty Until Proven Innocent: Antioxidants, Foods, Supplements, and Cosmetics*, that offers a counter-opinion to current popular opinion concerning food supplements and cosmetics. In a book written for both the layman and the professional, he sets forth the reasons why antioxidants aren't necessarily good for us, that polyphenols can be dangerous to our health, and that food supplements need to undergo the same rigorous approval process that we have in place for food and pharmaceutical drugs.

While some chapters are lighter in science than others, the chapters do not have to be read in any particular order, which makes it easy for the lay person to dig in at any point. Professionals in the scientific and academic as well as food safety community will find many detailed explanations and diagrams to illustrate the main points.

As President of the San Fernando Valley Branch of the California Writers Club, I would urge our members ... to read it (the book) before their next trip to the supermarket or drugstore. It could be a matter of their healthy, or even their life.

Stephanie Sharf

President

California Writers Club - San Fernando
Valley Branch

Excerpts from the *Writer's Website Showcase* article

www.csun.edu/gmelikyan

... The site is really only about two things: The man and the book. You will find a lot of information and links about Dr. Melikyan's credentials and his crusade to inform the public about chemical additives. (I have read his book, and recommend it. ...) ... As you would expect from a website hosted by a major university, the site is very 'clean' and well organized. The design is restful to the eye. ... Although the book is prominently featured, the user doesn't feel 'hyped,' or 'over-sold.' There just seems to be an honest attempt to get you to read it and evaluate its findings. Dr. Melikyan ... doesn't seem to primarily be promoting an author or book. Instead, he is promoting information. He is a sincere journalist and researcher, using publication to alert the public to something which concerns him – a time-honored tradition, perhaps not honored enough.

Ray Malus

Jack London Prize awardee

Writer, playwright, musician, journalist