

NATURAL EATING NATURAL EATING NATURAL EATING



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**Anthropology:** Neanderthals and Vitamin C. **Misconception:** Fat Makes you Fat? **Quote:** PC Gluttony. **Sorcerer's Apprentice:** Medical Treatment Leading Cause of Death. **Quick Fix:** French Beans with Tomato. **Q&A:** Saccharine and Headaches; Dairy Propaganda; Olive Oil vs. Ghee; Life Expectancy at 15; Sprouted Spelt Bread; Oil in Plants. **5 Years Ago:** Aflatoxin. **Briefings:** The Dairy Story; The Sweet Tooth Curse. **Food Supply:** Fruit Diversity. **Buyer Beware:** Food Health Claims. **Hints:** Canapé Ideas. **Food Policy:** Wartime Rations best for Kids. **Food/Disease:** Omega-3 beats Hostility.

### Anthropology

#### Neanderthals and Vitamin C

**Q.** Both Neanderthals and Eskimos had diets that were 90% meat. Both groups had lifespans of only 50 years. Maybe they both had a chronic deficiency of vitamin C?

- Dr. Günter Nöll

**A.** It is a fallacy to imagine that a carnivore diet has to be poor in vitamin C. There is quite enough -- with one proviso -- that, like the Eskimo, you eat the skin and guts! The Eskimo does not suffer from vitamin C deficiency.

However, the Eskimos' lowered life expectancy is certainly due to the low plant diet -- and their bodies, just like ours, require the opposite.

The Neanderthals were a different species to humans and lived successfully for hundreds of thousands of years in Europe. They were carnivores for all that time. **Continued: page 5**

### Misconceptions

#### Does Fat make you Fat?



*Eskimo Diet Doctor: "Cut down on the blubber."*

Contrary to popular imagination, underneath all those furs, the Eskimo was quite skinny -- in spite of a high fat diet.

The human body cannot store fat in the absence of bad carbohydrates<sup>1</sup> -- and the Eskimo had no access to them in the past.

Today the Eskimo does indeed suffer from obesity -- but only since Western food came to the nearest mission station.

### Quote of the Month

#### P C Gluttony

"Suggest to an obesity counselor that children should be counseled against gluttony and you will be admonished as a veritable child abuser." - Greg Critser, Author of *Fat Land: How the Americans became the Fattest People in the World*.

Greg Critser observes: "Of the seven deadly sins the fifth, gluttony has been legitimized in America." **Continued: Page 5**

### Sorcerer's Apprentice

#### Medical Treatment 3rd Leading Cause of Death

Dr Barbara Starfield's article in the Journal of the American Medical Association, announces the startling finding that 225,000 people die each year in USA from harmful effects of medical treatment.

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<sup>1</sup> For list, see Natural Eating book p 213

### Quick Fix

*This is a tasty, healthy dish that can be knocked up very quickly using everyday ingredients.*

#### French Beans with Tomato YYYYY

Serves 4

Ingredients:

- 1 lb. green beans
- 4 medium tomatoes (20-24oz, 570-680 g), roughly chopped
- ½ cup (4 fl. oz, 120 ml) vegetable broth
- 5 cloves garlic, crushed
- 1 T. fresh basil, chopped
- 1 tsp. rosemary
- salt to taste
- fresh ground black pepper

Method:

Sauté the tomatoes in the pan for approx. 3 minutes.

Stir in the garlic and sauté for another 2 minutes.

Add the vegetable broth and the rosemary; bring to a boil.

Add the beans and cook covered until done, but still green and crunchy.

Mix in the basil and serve.

Comment:

This is a superb, tasty and fully conforming plant food dish.

Consume as much as you fancy.

### Questions

#### Saccharin and Headaches

**Q.** *Is the artificial sweetener, saccharin, a chemical? I suspect it gives me headaches.*

**A.** Yes, it is a chemical; it glories in the name of ortho-sulfobenzoic acid-imide. It was discovered by accident by the chemists Ira Remsen and Constantin Fahlberg in 1879. They were experimenting on a substance called o-toluene sulfonamide.

#### Accidental Discovery

Fahlberg noticed an unaccountably sweet taste to his food and found that it was present too on his hands. By tasting his laboratory apparatus, Fahlberg found the source -- saccharin.

Saccharin became the first commercially available artificial sweetener. It is still made from o-toluene sulfonamide,

#### Safety

Saccharine has no calories and does not promote tooth decay. It is not metabolized by the body and is excreted unchanged. For this reason it is not thought to have any effect on the body. A century of extensive studies has failed to show a link with any disease, including cancer, and it is approved in most countries of the world. In fact, if it were not for its bitter aftertaste, saccharin would be preferred over new arrivals like Aspartame and Sucralose.

#### Headache

It is difficult to say if saccharin could be responsible for your headaches. "There is more in heaven and earth than is dreamt of in your philosophy", opines Hamlet. Likewise, there is much we cannot hope to understand about the complex workings of the body.

Headaches can be triggered by the most unexpected and ephemeral factors. After all, if saccharin can tickle the taste buds, perhaps it is tickling something else as well.

#### Dairy Propaganda - the Hydra Headed Monster

**Q.** *I live in Austria and have a hard time with the milk propaganda. So-called cutting edge TV programs continue to find good things to say about dairy. Is there anything new we should know?*

**A.** In dealing with mighty marketing forces, we sometimes

feel like Hercules trying to slay the Hydra monster: each time we cut one head off, two more grow in its place.

To use another Greek metaphor, strap yourself to the mast like Odysseus: don't let the Siren songs shipwreck you! After all, with sufficient ingenuity, something positive can be found to say about almost anything. We have Hitler to thank for the Volkswagen Beetle.

#### Not Human Food

No mature creature on earth is adapted to consume the special fluid that nature has designed to nourish the embryonic young of the species. (Follow our Dairy Briefing, page 3)

#### Studies

The Nurses Health Study<sup>2</sup> is just one that highlights a terrible drawback: women who drink milk are 40% more likely to suffer osteoporosis than those who do not. The Physicians Health Study<sup>3</sup> found that male milk drinkers were 32% more likely to get prostate cancer.

There is a plethora of studies demonstrating a myriad of problems arising from dairy consumption. Any honest reading of the studies shows a massive weight of evidence against dairy.

SUCH CONVINCING EVIDENCE WOULD HAVE CONVICTED O. J. SIMPSON THE FIRST TIME ROUND.

#### Indoctrination

In last month's newsletter, we talked about Sigmund Freud's nephew, Edward Bernays as founding father of modern, psychological marketing techniques. The dairy lobby has a sophisticated persuasion machine with powerful connections. Don't be deceived by the doubts they whisper in your ear.

#### Olive Oil vs. Ghee

**Q.** *I still come back to you about cooking oils. Surely, ghee*

*(clarified butter) is more heat stable than olive oil?*

**A.** Olive oil and ghee are BOTH heat stable. The main components of olive oil are monounsaturated fat (74%), saturated fat (14%) and omega-6 oil (9%). All three components resist oxidation very well.

#### **Oxidation**

It is clear from your question that this is your main concern. Oxidized fats are very bad for the cardiovascular system. That is why we do not recommend using Canola oil for heavy duty cooking -- because it oxidizes easily.

#### **Paradox**

On the other hand, ghee is bad for a different reason -- artery-rotting saturated fat. As we pointed out in our newsletter of September 2003, ghee is at the origin of the 'Indian Paradox' -- skinny, underfed people dying of heart attacks.

#### **Life Expectancy at 15**

**Q.** *I have difficulty understanding the graph "Life Expectancy at Age 15" on page 47 of your book "Natural Eating". The figures on the bars do not seem to correspond to the vertical scale.*

**A.** The vertical scale shows the number of years left to live when you are 15 years old.

The figures on the bars show how old you are at the end of the life expectancy. That is, they are the number of years on the vertical scale plus 15 years. Hope this is clear!

#### **Sprouted Spelt Bread**

**Q.** *Is sprouted spelt bread better than regular bread?*

**A.** Spelt is just a medieval variety of wheat. Health fanatics mistakenly believe that it is superior to regular wheat. Sprouting the grains removes most of the gluten. This has the effect of making the glycemic index worse -- up from 70 to 90.

This bread might look like a solution to gluten intolerance; but it is still wheat bread and has all the other drawbacks, including an even worse blood sugar rush.

#### **Oil in Plants**

**Q.** *Can we get our essential fatty acids just from plants?*

**A.** We are not in the habit of thinking of leafy plants as a source of oils, but these essential fatty acids are only needed in mininutrient quantities -- about 1gram each per day. This can easily be obtained from 2lb to 3lb of raw vegetation per day.

#### **Plants**

The primate diet specialist, Professor Katharine Milton<sup>4,5</sup> finds that the wild plants eaten by our ancestors were indeed an important source of essential fatty acids. Moreover, they contained a close balance between omega-6 and omega-3.

Most cultivated plants that we eat in the industrialized West are notoriously poor in omega-3. The exceptions are kale, cabbage, and Brussels sprouts.

The Cretans used to have fabled health and longevity. One of the secrets was their traditional consumption of *purslane*, a salad vegetable. Purslane is remarkably rich in omega-3 fatty acids.

#### **Added Oil**

In practice, it is hard to avoid oil added in cooking and dressings. For this reason we insist on omega-3 rich ones like Canola wherever possible. The same applies to animal sources of omega-3 oils, notably fish and omega-3 rich eggs.

#### **5 Years Ago**

*From Natural Eating Newsletter of January 1999:*

#### **Saddam moves to Aflatoxin**

"Saddam Hussein, besides stockpiling the nasty bacterium, anthrax, is also producing

aflatoxin. Aflatoxin undermines the immune system, Saddam's idea is to mix it with the anthrax, thus lowering the body's resistance to the anthrax disease..."

#### **Poison**

"Aflatoxin is a virulent poison produced by a fungus or mold that grows on corn, wheat, peanuts and other crops. ... Aflatoxin also triggers liver cancers. In high-risk parts of China where these crops are grown, 10% of the population dies of liver cancer, usually around the age of 50..."

#### **UPDATE**

*We wrote those words in January 1999 based on reports from the prestigious Johns Hopkins School of Public Health. The jury is still out on Hussein's biological weapons. However, aflatoxin remains a potential threat in the ordinary food supply. The FDA makes periodic checks and condemns any contaminated crops to be destroyed. Keep your fingers crossed that the safe-guards work.*

#### **Briefings**

#### **The Dairy Story Part 1: Beginnings**

Modern hunter-gatherers like the San Bushmen of the Kalahari Desert track an antelope for several days to get close enough to shoot it with poison arrows. We can be certain that neither the San, nor our ancient ancestors, ever got close enough to a mother antelope to suckle its teats. Such a feat only became possible after the farming revolution, with the domestication of farm animals. Even so, not many societies made much use of this faintly ridiculous idea.

#### **Nomads**

It took the peculiar circumstances of the Indo-European steppe dwellers of the eastern Ukraine to change all that. Around 4000

BCE, these people kept herds of horses, cattle, sheep, and goats. Under the sparse conditions of the steppe, a migratory way of life was necessary -- the animals consumed the grass faster than it could grow -- and the herders had to abandon planting.

So it came about that a group of human beings, for the first time in the history of the species, had to learn to live largely on this, their only renewable resource: milk and its products from their herds.

**Next month: Part 2 - Steppe dwellers spread their 'habit'.**

### The Sweet Tooth Curse

#### Part 1: Where it came from

The scene: the African savanna 60,000 years ago. You are one of our ancient ancestors fossicking for food. You see a familiar ripe fruit. You pounce on it -- you KNOW it is going to taste good!

Fruit and humans have evolved together over eons to help each other. The fruit wants its seeds spreading (in human bowel movements) whilst humans want nourishing.

#### Sugar Reward

The fruit *immediately* rewards you with the gratifying taste of *sweetness*. More subtly, it also enriches your body with a veritable panoply of micro-nutrients and soluble fibers. That is how our bodies are designed to work; that is how our brains are *programmed*. Moreover, since fruits were a rare commodity on the African savanna, we are programmed to continue eating until the supply runs out.

#### Satisfying the Yearning

This yearning for sweetness is ever present, but it was not until the 19<sup>th</sup> Century that it became possible to satisfy our craving at will -- by the intensive farming of sugar cane. This brought a new sugar into the diet, *sucrose* (table sugar).

We are now only too familiar with the drawbacks: it adds unwanted calories, and it is impoverished -- devoid of those wonderful micronutrients and fibers present in fruit. Worse, sugar causes disastrous blood-sugar spikes. It drives the human body into obesity and *diabetes*.

#### Sugar Death

According to a major study<sup>6</sup> by Dr. William Grant, sugar intake may account for over 150,000 premature deaths from heart disease in the US each year.

**Next Month: Part 2 - What about Artificial Sweeteners?**

#### Food Supply

#### Fruit Diversity

In his great book "The Diversity of Life" scientist Edward O. Wilson points out that just a dozen species from temperate climates - - apples, pears, etc.-- dominate our fruit bowls. Meanwhile thousands of other tropical species await us. Many of these "exotics" are now available, especially from Asian food stores.

Our ancient ancestors ate over a hundred different species of plant. *Variety* is important in the human diet. We often lament our dependence on the reduced numbers that are deemed commercially viable. (When did you last see a gooseberry on sale?) Seize the chance to reverse the trend.

#### Buyer Beware

#### Food Health Claims

"People are told that eating oatmeal once a week is not a bad thing. What harm could it do?"

The harm is deceiving consumers into a false sense of security. Consumers who eat foods labeled "healthy" might reasonably expect to be healthy. This is pure fantasy, however -- check the graveyards.

**Our View.** If you eat "healthy" according to food labels and still get heart disease or cancer, you only have yourself to blame. Food manufacturers do not guarantee their health claims and you have no redress.

We are living in a food jungle, full of lurking dangers, not least of which are gung-ho health claims. You have to learn the survival skills for our supermarket jungle, just like our ancestors had to learn the skills to survive in theirs.

#### Hints and Tips

#### Cocktail Canapé Ideas

*Thank you to Elsbeth Wiegand of Vancouver for these suggestions.*

#### Cucumber and Trout Pâté

Slice a cucumber just sufficiently thickly to form a platform for the pâté. Take some smoked trout and mash it into a pâté with some canola oil, lemon juice, pepper and finely chopped green (spring) onions. Serve the cucumber slices with a dollop of pâté on each one.

#### Palm Hearts and Sardine

Take canned palm hearts and slice them in half lengthwise. Take sardines, preferably small and canned in fish oil and, according to size, lay them on the flat surface of the cut palm heart. If the sardines are larger, open them in half lengthwise and remove the spinal cord. Dust with paprika to taste.

#### Food Policy

#### Wartime Rations best for Kids

Modern British children are eating 1,200 calories a day more than their grandparents did. They would be healthier if, like children 60 years ago, they subsisted on Second World War rations.

#### Ration

In a recent study, researchers fed a group of children a wartime menu of porridge, stew, boiled

cabbage, and steamed vegetables. Some of those fed the rations menu gained an inch in height during an eight-week period, whilst halting expanding waistlines.

### Calorie Gorging

Nine-year-old girls are now 1½ stone (21 lb) heavier than their counterparts in the Forties. Hardly surprising given that today's kids consume over 3,000 calories a day - 1,200 more than they need.

### Government

The Government has a trial scheme in which fizzy drinks, crisps (chips) and chocolate will be removed from vending machines in 500 schools. The snacks will be replaced with milk, fruit and other 'healthy' foods.

**Our View?** The Government is well intentioned, even if we question their notion of 'healthy' food. It raises the wider question: humans are programmed by nature to continue eating whilst supplies are there. Frugal eating in humans is imposed by *scarcity*. Perhaps we should all be put on wartime rations.

### Food/Disease Links

#### Omega-3 defuses Hostility

Researchers for the health insurer, Kaiser Permanente, have come up with a fascinating result<sup>7</sup>. A high dietary intake of omega-3 rich fish sharply reduces hostility in young adults.

The diet/mood connection is an exciting new field of discovery. We have also reported on copper/zinc imbalances provoking violent behavior<sup>8</sup> and omega-3/omega-6 imbalances inducing depression<sup>9,10</sup>.

### From Page 1

#### Anthropology

#### Neanderthals and Vitamin C

We have to suppose that the Neanderthals were well adapted

to a meat diet. It is much more likely that they died out because humans arrived and killed them rather than a sudden decision to stop eating "skin and guts".

We cannot reliably assess the longevity of Neanderthals -- it is hard enough, even today, to gauge human life expectancy in tribes without birth and death certificates.

### Programmed Lifespan

Each species has its own, programmed, biological lifespan. There is no reason to suppose that the Neanderthals should live longer than, for example, chimpanzees or gorillas who also have 50 to 60 year lifespans.

### Quote of the Month

#### P C Gluttony

The politically correct position is that commenting on kids' gluttony "leads to stigmatization, eating disorders, low self esteem and bad body image..." Greg Critser heartily condemns this position and says we will never break the vicious circle of obesity whilst the subject is tabooed.

### Sorcerer's Apprentice

#### Medical Treatment 3<sup>rd</sup> leading Cause of Death

Barbara Starfield's figures<sup>11</sup> show that there are 160,000 deaths per year from unexpected side-effects of medications, 80,000 deaths from infections picked up in hospital, 12,000 deaths are from unnecessary surgery, 7,000 deaths from medication errors and 20,000 deaths from other errors in hospital.

This amounts to the third leading cause of death after heart disease and cancer. There is a large gap before the fourth cause of death, stroke, comes up.

Starfield observes that her figures are conservative: they only relate to deaths -- and not lives simply made more miserable; they only concern treatment in hospitals.

Starfield quotes another source that tries to estimate these extra figures. Adverse effects of outpatient medical treatment generate an additional 116 million visits to the doctor, 77 million extra prescriptions, 17 million extra emergency department visits, 8 million extra hospitalizations, 3 million long-term admissions and 199,000 additional deaths. All this comes to \$77 billion in extra costs.

Compared to other advanced countries, America spends by far the most on health care - 15% of GDP, yet it only ranks fifteenth in quality of health results.

**Our View?** We have a lot of sympathy for the medical profession. They have an immense amount of knowledge to master, a bewildering variety of possible treatments, and a human body whose complex interrelationships are only dimly understood.

Medical treatment in a small minority of cases can have unpredictable and unpleasant consequences. It is certainly cheaper, more comfortable and less risky to stay healthy in the first place.

<sup>2</sup> Feskenich; Milk and bone fractures; Am J Public Health; 1997; 87; 992-997

<sup>3</sup> Am. J Clin Nutr. 2001 Oct; 74(4): 549-54

<sup>4</sup> Milton; Nutritional characteristics of wild primate foods; Nutrition; vol 15; no 6; 1999; 488 - 498

<sup>5</sup> Milton; Back to Basics: why foods of primates have relevance for modern health; Nutrition; vol 15; nos 7/8; 2000

<sup>6</sup> Journal of Orthomolecular Medicine 1998; 13:95-104.

<sup>7</sup> Iribarren et al; Eur J Clin Nutr. 2004 Jan; 58(1): 24-31.

<sup>8</sup> Bond; Natural Eating; page 130

<sup>9</sup> Hibbeln; World Rev Nut Diet; 1998; vol 83; 226

<sup>10</sup> Newsletter; March 2000

<sup>11</sup> Starfield; Is US health really the best in the world?; JAMA; 2000; July 26; vol 284. No 4; 483-485

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