

NATURAL EATING NATURAL EATING NATURAL EATING

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**Nutri-Anthro Briefing****The Dairy Story****Part 2: The Habit Spreads**

In part 1 last month, we saw how Ukrainian Steppe nomads in 4000 BC found a way to feed off their herds of cows, goats and sheep....

...To do that, they had to tame mother animals to allow hand milking. More, the humans themselves had to endure this new food source. No doubt many children died in infancy from food intolerances. The survivors had bodies that were marginally better at dealing with the challenge -- they did not actually die.

By about 2000 BCE, the herders had learned to cope and, constantly in search of new pastures, these nomads infiltrated much of northwest Europe, carrying the practice of dairy farming with them.

**Continued: Page 4****Food Leadership****Democrat Candidates' Diet**

**Dennis Kucinich**, dark horse of the Democratic race, is a vegan. He attributes his lowly 2% vote in the dairy state of Wisconsin to his abhorrence of milk. Mind you, he only got 2% in other states too...

**Continued: Page 4****Food Safety****Cursed Scots Salmon**

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*"Salmon steak, and blind-worm's sting,  
Lizard's leg, and howlet's wing..."*

This is a new twist to the witch's incantation from Shakespeare's 'Scottish play', Macbeth. Macbeth was led astray by the witch's ambiguous double meanings. So are we, now that our friendly oily-fish, the salmon, is under a cloud.

A team of US scientists has warned that farmed salmon is so crammed with industrial pollutants - including carcinogenic PCBs - as to verge on the poisonous. The Scots might well feel they are under a witch's curse; their salmon - fed on ground-up fish trawled from the bottom of the polluted north Atlantic - is the most dangerous of all.

**Continued: Page 4****Question of Month****Protein and Insulin Levels**

**Q.** Some authorities are claiming that meat raises insulin and that it is better to eat whole grains and beans. What should I do?

**A.** Don't listen to the Siren songs! Insulin at a healthy level plays a vital role in body repair and muscle building. Insulin stimulates cells to build new protein from the amino acids in your bloodstream. These amino acids have come from the digestion of proteins that you have eaten.

Protein consumed from any source will stimulate this beneficial level of insulin. Conversely, whole grains drive insulin to disease levels. Beans, for reasons to do with their antinutrients and allergens are not recommended either.

**Announcement****New Format for Newsletter**

In preparation for a move of production to Europe, we are reformatting the newsletter to fit onto a double A4 sheet. This can then be folded to make a convenient four-page newsletter.

**Chuckle of Month**

"A balanced diet is a piece of cake in each hand."

## Recipe

Thanks to David Richman of Minneapolis for this recipe that has been in his family for over 100 years.

### Deville Eggplant Pâté



#### Ingredients

- o 2 medium eggplants
- o Olive oil
- o Canola oil, organic, cold pressed
- o 1½ green (spring) onions
- o 1 medium tomato
- o 7 slices, inch thick, peeled cucumber
- o garlic salt, pepper

#### Method

Take the eggplants and slice them in half lengthwise. Place in a baking tray and brush them all over with olive oil.

Bake for 25 minutes at 350°F (175°C). Switch off oven and allow to cool for 5 - 7 mins. Remove eggplant from oven and chill in fridge.

With a tablespoon or similar instrument, scrape out the flesh of the eggplant. Discard the skins.

Finely chop the flesh. Put into a mixing bowl.

Finely chop the green onions, cucumber and tomato. Add to the mixing bowl and stir thoroughly.

Add garlic salt and pepper to taste. Stir. Add 1 tbsp Canola or more to taste. Stir.

#### Comment

This dish is delicious to eat on its own, as a vegetable, or as a dip.

## Questions

### Cancer and Roasting

**Q.** I read in your 'Cancer Special Supplement' that we should "avoid roasted meat". I like to bake fish -- is this OK?

**A.** Yes. The problems can arise when meat is burnt or charred -- as can happen in a barbecue. Baking without charring is fine.

### Canola Lesion Baloney

**Q.** *Mercola.com* cites studies on the relationship between heart lesions and canola oil. When saturated fats

were added to the diet, the deleterious affects were mitigated. What does this mean?

**A.** Dr Mercola should have a health warning on the articles that he posts on his website. The one you saw was written by Mary Enig and Sally Fallon. They are well known activists whose dislike of Big Business sometimes clouds their judgment. As Professor Robert L Wolke writes in the Washington Post, the publishers of these reports are spreading "hysterical urban legends about bizarre diseases."

In truth, we have to be careful to keep things in perspective. Humans are not designed to be consuming much oil of any kind. Bulk oil in a bottle is something to be used frugally. Canola oil is the best of the bunch -- and if it is any consolation, contains 10% saturated fat anyway.

Even supermarket Canola oil, contrary to the article you cite, has a very good omega-6 to omega-3 ratio of 2 to 1. However, we always recommend buying cold-pressed, organic Canola oil as made, for example, by Spectrum Naturals.

### Apple Seed Toxic?

**Q.** I eat apples including the cores but I hear that the seeds contain arsenic. Am I doing myself harm?

**A.** No, apple seeds contain no arsenic. However, they do contain tiny amounts of prussic acid (cyanide). This is the compound that gives the bitter taste to almonds. Plants make these poisons to kill off pests. As plant predators, humans have developed defenses against these poisons and, in these minute quantities, the body is not at all inconvenienced by them.

Of course, in megadoses, the body's resistance is overwhelmed. But you would need to eat a bushel of apples, with their seeds, to suffer a toxic reaction. Long before that, you would suffer a gut reaction -- a bushel of apples corresponds to 42 lb or some 170 apples!

On the other hand, apricot kernels, much beloved of food faddists, DO

contain toxic amounts of cyanide. Read 'Apricot Kernel Cyanide', p. 3.

### Sucralose not Carcinogenic

**Q.** Can the new artificial sweetener, Sucralose, cause cancer?

**A.** No. Lengthy studies have shown it to be non-carcinogenic and, indeed, there is no reason why it should be. It is not even broken down by the body.

This is in contradiction to the tosh spoken by Dr. Janet Starr Hull in an interview with Dr Mercola. She claims that sucralose is carcinogenic on an inexcusably defective line of reasoning. She observes that Sucralose contains a chlorine atom -- and that free chlorine gas can cause cancer. On that guilt-by-association basis, human breast milk, which also contains chlorine atoms (in the form of sodium chloride), is carcinogenic!

Dr Mercola would do well to think twice before allowing his name to be associated with such nonsense.

We will examine Sucralose in detail in next month's newsletter.

### 'Prions' Madden, not Canola

**Q.** On your website you debunk the accusation that "Canola oil causes viral diseases like Mad Cow disease". But isn't Mad Cow disease caused by 'prions' not viruses?

**A.** Yes, indeed, Mad Cow Disease is a prion disease. Prions are the tiniest infectious agent known -- they are much smaller even than viruses.

In our article we were concerned to point out the logical absurdity of calling Canola oil a virus! That is the focus of the argument.

It is an interesting but secondary argument to say that even the term 'virus' is misdirected. It just goes to highlight the benighted ignorance of those who make these silly claims.

### Glycemic Load - a new Index

**Q.** What is Glycemic Load?

**A.** Our glycemic index tables distinguish between high-, medium- and low-density carbohydrates. It makes a difference *how much* carbohydrate is in a serving.

Researchers have tried to put this notion onto a systematic basis. They take the Glycemic Index of a food, and they combine it with the amount of carbohydrate in a USDA standard serving size. This gives a factor known as the 'Glycemic Load' (GL). A GL of 20 or more is high, a GL of 11 to 19 inclusive is medium, and a GL of 10 or less is low.

All this depends on the serving size *actually consumed*. That is why even the concept of Glycemic Load has its limitations. This factor is only valid inasmuch as you consume a standard USDA serving size.

### Glycemic Load in Mixed Meals

**Q.** *Barry Sears (of The Zone) says keeping one's 'glycemic load' below a certain figure in any one meal would be a good rule of thumb. How do you respond to this way of measuring insulin response?*

**A.** Our purist position is very simple: you cannot micromanage these processes. Just stay away from foods that humans were never designed to eat. That means bad carbohydrates and most borderline ones. Stick to the good foods. (See Natural Eating Book - tables 1 and 2 in the Annex)

Barry Sears 'system' tries to find ways to incorporate familiar 'bad' carbohydrates in the diet. It might comfort consumers, but at a heavy price: arithmetic gymnastics. Worse, glycemic load is not the only criterion. Most of the bad carbohydrates are loaded with allergens and antinutrients; they are micro-nutrient deficient.

Our approach is different. Humans have no business consuming foods that stress blood sugar mechanism -- period. So we advise cutting the Gordian Knot -- simply avoid 'bad' and 'borderline' carbohydrates.

### Blood Sugar/Insulin Link

You also raise the question of "insulin response". Glycemic load does not always successfully predict insulin levels.

Curiously, some glycemic foods, such as the potato and yogurt raise

insulin levels even further than would be supposed by their 'glycemic load'. It reinforces our advice to avoid second-guessing what your body is doing.

### Metabolic Diet not Confirmed

**Q.** *There is a recent finding<sup>1</sup> that people from cold latitudes have genetic mutations that channel more calories into heat production and fewer into metabolism. Dr Mercola claims that this is 'proof' of his Metabolic Diet'. What do you say?*

**A.** This is flawed logic. All that this information tells us is that a European's body cells put slightly more of what he eats into heating the body, and less into metabolism, than do an African's body cells. This happens whatever one decides to eat. Diet has nothing to do with it.

However, this whole topic deserves much more discussion and we will return to it next month.

### Hints & Tips

#### Demolding NE Loaves

It is sometimes difficult to demold dishes like our orange cake (February 2003 Newsletter) or olive loaf (Healthy Cooking with the Bond Girl). Use the regular baking trick: dust the oiled mold -- but instead of flour, use **ALMOND POWDER**.

### Buyer Beware

#### Organic Savvy

In America, the USDA has formulated new federal standards for the use of the term 'organic'.

Be aware that if a product is labeled "made with organic ingredients", that means that 30% of the ingredients can be **NON-ORGANIC**.

### Strategies

#### Fat Eating Hunger pangs

Are you troubled by those hunger pangs gnawing at the lining of your stomach?

Use those pangs to give you positive images of weight loss. Think of them as gnawing away at the excess fat in your body.

### Jungle Lore

#### Apricot Kernel Cyanide

Toxicologist John Suchard of Phoenix Medical Center, reports<sup>2</sup> on a 41-year-old woman who ate apricot kernels from a health food store. She became weak and struggled for breath within 20 minutes.

She was rushed to hospital in a coma, suffering from hypothermia. She recovered quickly once she received cyanide antidote therapy.

**Our View?** Know your jungle skills! Fad foods from health food stores can be just as tricky to handle as regular ones from supermarkets.

### Food Policy

#### "Big Sugar" Killer Lobby

Last month, America rejected the World Health Organization's recommendation to reduce sugar consumption. Why this refusal to face the truth? The lobbying from the sugar companies is ferocious.

"Big Sugar has its hands wrapped around the throat of the political process." Their product has already sickened and killed millions of people but no politician dare stand up to them.

**Our View?** As usual, you are on your own. But you knew that sugar is to be avoided anyway.

### Nutri-Anthro Briefing

#### The Sweet Tooth Curse

##### Part 2: Dealing with the Habit

*In part 1 last month we reviewed our evolutionary past and how it is that humans came to have a sweet tooth.*

...What are we to do? We are addicted to the sweetness but do not want the consequences of our addiction. Where there is such a powerful market need, we can be sure that there will be an entrepreneurial rush to fill it.

The search for sugar substitutes is intense and new ones are promoted on a regular basis. A rag-bag of opposition groups routinely demonize them. What sense are we to make of it all? These artificial



sweeteners are all newcomers to the diet so we have to be pragmatic; tease out the hysterical emotion from the real *evidence*.

We will look at the main high intensity sweeteners. They have all been subject to rigorous testing by national food safety authorities and found to be safe to use as a food supplement. There is always the caution that, in rare circumstances, an individual might have a mild reaction of some kind.

**Next Month: Artificial Sweeteners under the microscope.**

**Food Honesty**

**Wal-Mart goes for Truth in Place-of-Origin Labeling**

The USA food industry has, to its shame, blocked laws prescribing place-of-origin labeling.

But Wal-Mart says that it will voluntarily provide this information for fruits and vegetables. Wal-Mart hopes to appear pro-consumer while the rest of the food industry is giving the consumer the dirty end of the stick.

**Our View?** Our ancient ancestors always knew what they were eating - they collected it themselves. Good for Wal-Mart -- breaking ranks to bring us this important information.

**From Page 1**

**Food Safety**

**Farmed Fish**

Consumers should know the truth about farmed salmon. In the wild these powerful ocean predators swim thousands of miles. Yet, in fish farms, they pass their lives in volumes of water the size of a bathtub surrounded by thousands of their brethren. The fish defecate into this puddle and diseases spread like wildfire. Sea lice, which go on to infect wild populations, proliferate.

**Our View?** The farmers are responding to our desire for cheap food. To have healthy food we will have to pay extra for creatures to be treated humanely.

In practical terms, farmed fish are best avoided; spend that bit extra to choose wild, PCB-free salmon. The same goes for trout. (See our newsletter of August 2003.) Huge fish farms are now building for tuna, cod, sea bream, sea bass and turbot. In the future, we will have to watch out for, and avoid, these too.

**Nutri-Anthro Briefing**

**Dairy Briefing - Part 2**

In this way, Slavs, Germans, Scandinavians and Anglo-Saxons became dairy farmers too.

To the east, the Mongols took up the practice with their yak herds. They brought dairying on a modest scale to the southern fringes of their empire in northern India and Persia. Finally, the English, Germans and Scandinavians brought dairy farming to North America, Australia and New Zealand.

**Next Month: Part 3 - The rest of the world and the consequences of dairy consumption.**

**Food Leadership**

**Democrat Candidates' Diet**

Diminutive Kusinich attributes his ability to work 20 hours a day to his vegan habits.

Meanwhile, rounded **John Edwards** eats most meals from McDonalds. Breakfast is two hot cakes, scrambled eggs, sausage and a biscuit. Lunch is a cheeseburger and in the afternoon, a chicken sandwich with cookies. He also consumes about 10 cans of diet coke a day.

Long, skinny **John Kerry** is the opposite: he skips meals altogether.

**Our View?** Dysfunctional eating habits are clearly no guide to popularity.

<sup>1</sup> Science January 9, 2004;303(5655):223-6  
<sup>2</sup> Ann Emerg Med. 1998 Dec; 32(6): 742-4.

RESOURCES				Qty	US\$	Total		
<b>The Book:</b> The 'Bible' to Natural Eating.					19.95		Name:	
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