

NATURAL EATING NATURAL EATING NATURAL EATINGwww.naturaleater.comwww.savveater.comwww.beatcancernaturally.com**Monthly Private Subscription Newsletter – Annually: Hard Copy \$59.00 - Electronic \$18.00**

We are independent of commercial pressure and say exactly what we think.

Question of Month: Pasta is not for Runners. **Spreading the Word:** French Edition takes Shape. **Fact for Thought:** The 6.5 Minute Dinner. **Book Review:** The Magnesium Solution for High Blood Pressure. **Food Politics:** Olive Oil “Heart Health” Claim. **Recipe:** Mulled Wine. **Q & A:** Preventing Pancreatic Cancer; Candida and Fruit; Does High Cholesterol Matter?; Chocolate Harms Dogs. **Food Porn:** Soy Sabotages Male Fertility; Soy – The Ghost at the Feast. **Abstract But Important:** Insulin Control and its Index. **Hints and Tips:** Breakfast Ideas – Blended Plants. **Events.**

Question of Month**Pasta is not for Runners**

Q. As a runner I am concerned what I should be eating if I want to run 30+ miles a week. Can I really get the energy I need from fruit, vegetables and salad? Should I be eating differently to someone of a similar age who does little exercise? Is it a case of yet more plant food? Is some high carb food such as pasta useful if I am exercising so much?

A. Laurens Van Der Post was a great South African naturalist and explorer. In later years he became Prince Charles’ philosophical guru. In his book ¹ Lost World of the Kalahari, Van Der Post relates his adventures with the San Bushmen on expeditions in the early 1950’s.

On one occasion he accompanied a small group of men as they were chasing a herd of antelope. He recounts how these hunters were running all day long for several days before they ran the herd down and made a kill. Laurens himself could hardly keep up, even though he was driving a Landrover.

These Bushmen were still living lives closely resembling those programmed in us by our ancient past. Were they eating pasta? -- or potatoes? -- or pizza? -- or cheese sandwiches? No, they were Natural Eaters without knowing it.

In fact, the San were doing no more than thousands of generations of males have done before them: run several miles every day. Our bodies thrive on such a regimen (see chapter 11 -- Exercise, of the Natural Eating book).

Continued: Page 3**Spreading the Word****French Edition Takes Shape**

This is the artist’s proof of the cover of Natural Eating’s French edition, due to be published in early April by Oskarson of Paris.

The title “Mieux Manger -- retour aux sources” translates roughly as, “Eat Better -- return to your origins”.

**Viewpoint****The Problem Doctor -- or The Problem Patient? Part 2**

Dr. Peter Galgut

We left Part 1 last month on this:

“If you ask doctors why they prescribe antibiotics and other medicines so readily, they tell you that it is because patients demand them...”

Dr. Galgut now continues:

Furthermore, if they don’t prescribe them, patients run to other doctors or even the Internet, to obtain their favorite antibiotic. It might be totally inappropriate for their condition and they often pay a significant fee -- but they are convinced it works for them, even though in reality it has no effect whatsoever.

So doctors bow to the inevitable and write out a prescription because that’s what patients want and that’s what they believe will cure them.

Continued Page 4**Fact for Thought****The 6.5 Minute Dinner**

The average family today spends an average 6½ minutes preparing the evening meal -- down from 2½ hours 50 years ago. **Comment page 3**

Book Review**The Magnesium Solution for High Blood Pressure**

by Jay S. Cohen MD

Square One Publishers², NY11040, USA, 2004. 92 pages, \$5.95

This useful little book is in the same series as the one we reviewed last August (The Magnesium Solution for Migraine Sufferers).

High blood pressure accounts for more trips to the doctor than any other condition. Almost always, patients are put on prescription drugs. As Dr. Galgut has been saying so eloquently in these pages, ALL drugs have side-effects. [This is no small matter: side effects to prescription drugs in hospital are the 4th leading cause of death in the United States^{3,4}.]

Moreover, doctors do not like to admit that, using drugs to lower blood pressure, does not reduce your risk of cardio-vascular disease to the same extent of someone who has the lower level naturally. In other words, drugs are dealing with the symptoms not the cause.

Continued page 4**Food Politics****Olive Oil “Heart Health” Claim**

After intense lobbying, the FDA has granted the request of olive oil producers to make the claim that: “eating about 2 tablespoons of olive oil a day may reduce coronary heart disease”.

Why do we deplore this? First, olive oil is neutral; it only “reduces” heart disease when it replaces animal fats. Secondly, we think it is bad policy to make health claims for ANY food. We should be eating according to a pattern that makes sense as a whole. We are being fooled when food producers seduce us into cherry-picking their product “for” health.

Recipe of the Month

Mulled Wine

YYYY

10 servings

Ingredients:

- 2 bottles (150 cl) Wine, inexpensive, dry red
- $\frac{1}{2}$ Lemon, washed and sliced into thin, small segments
- $\frac{1}{2}$ Orange, washed and sliced into thin, small segments
- $\frac{1}{4}$ teasp. Ginger
- $\frac{1}{4}$ teasp. (or 6 sticks) Cinnamon
- $\frac{1}{2}$ teasp. Nutmeg
- $\frac{1}{4}$ teasp. Allspice
- 12 Cloves (whole)
- 3 Tablesp. Fructose

Method:

Make the mulled wine an hour before required so that the full flavors are expressed.

In a suitably sized saucepan, add the wine, spices and fruit. Add the fructose and stir thoroughly. Heat this through for at least 15 minutes, but DO NOT simmer (let alone boil).

Serve HOT, using a ladle.

Alternative (1): use a filter-type coffee maker. It keeps the wine at the right temperature and makes it easy to serve.

Alternative (2): premix the ingredients in a jug and only heat the wine as needed, glass-by-glass, in a microwave. Allow about 1 minute per glass on full power.

Comment:

This is a pleasant drink and one that is fine in moderation. The spices and citrus bring an unknown but useful number of micronutrients. Even the red wine contains healthy antioxidants. The fructose is a gratuitous sweetener but it is low glycemic and is a harmless ingredient in this context.

We are always a little wary of alcohol so we give this beverage four hearts rather than five.

Questions

Preventing Pancreatic Cancer

Q. *My mother and father both died from pancreatic cancer aged 69. Both my maternal and paternal grandfathers also died from it. What are my chances to prevent it?*

A. When a disease runs in families, the first suspect is not, as is often claimed, 'bad' genes but BAD HABITS.

It is possible that, genetically, you are more vulnerable than average, but the essential message is: stack the odds in your favor.

Pancreatic cancer is one of the most preventable diseases, but once you have it, it is one of the least curable.

This type of cancer is increasing rapidly in the industrialized world. The reason is not hard to find; it is strongly connected with a high fat, high salt and high glycemic diet (one that provokes abnormally high blood sugar levels). This is the specification of today's westernized diet.

In addition, soy (in all its forms) is an important culprit. It contains plant poisons known as trypsin inhibitors⁵. These cause the pancreas to lose control and burn itself out⁶. (See Soy - The Ghost at the Feast, page 3)

Other risk factors for pancreatic cancer are low exercise levels and smoking.

What does this all add up to? Very simply, living the Natural Eating way is the best protection you can have from getting pancreatic cancer. There is more detailed information on cancer prevention, downloadable for a small fee, at: www.beatcancernaturally.com. You can also download the Natural Eating system for a small fee from our site: www.savvyeater.com.

Candida and Fruit

Q. *My naturopathic health professional thinks that I probably have candida overgrowth. She has advised that I cut out fruit entirely. Is this normal?*

A. Unfortunately, yes. Candida is a fungus that, once it gets into the blood stream (usually from a damaged colon), thrives on the sugars that it finds there. These include fruit sugar (fructose). The main way to get rid of candida is to starve it to the point where your immune system takes back control and finishes it off.

Unfortunately modern fruits are bred

to be ever sweeter. The sugars are mainly fructose, followed by sucrose and glucose. So fruits have to be cut out in spite of their wonderful content of micronutrients.

The fruits of our ancient ancestors, (the ones to which we are adapted), were nothing like as sweet. It is one of our hobbyhorses: persuade consumers to demand fruits that are less sweet. But stopping a runaway train would be easier.

No doubt you were also advised to cut out all starches and all other sugary foods including beer. (Candida just loves malt sugar too.)

Does High Cholesterol Matter?

Q. *3 months ago my cholesterol was 257 and I was put on 40 mg/day of Lipitor. Now it is down to 164 with HDL of 45 and LDL of 106. I am 48 years old, 5'6" tall and weigh 138 lb. Blood pressure is 114 over 74. No heart disease in my family. My grandparents lived to 97, 98, 82 and 91. High cholesterol in my family is the norm. My goal is to live to 100 without long term medication.*

A. High cholesterol levels, of themselves are simply a guide to POSSIBLE cardiovascular disease. Reducing them with medication, in spite of the promotional hype, has little effect on your chances of dying of a heart attack^{7,8}.

Worse, medications increase your chances of getting depression, suicidal tendencies, cancer and stroke. Pfizer, the maker of Lipitor, the most common drug say: "The patient should be put on a cholesterol lowering diet before receiving Lipitor⁹..."

These medications work by stopping the liver from MAKING cholesterol. They do this by curbing the production of an enzyme called HMG CoA reductase. The question is: why would your liver be making too much cholesterol in the first place? We know that HMG CoA reductase is produced by excess insulin in the blood -- and that comes from consuming foods that provoke abnormal insulin production. (See Insulin Control and Index, p. 3)

Foods that drive abnormally high insulin levels are typical of the western diet. Not surprisingly, high cholesterol levels are therefore typical

of modern civilization. They are unknown amongst the primitive tribes, like the San Bushman and even the 'high meat' Eskimos.

Stuart Truswell and John Hansen are medical doctors who researched the San Bushman in the 1960's. They found¹⁰ that they have one of the lowest cholesterol levels in the world; total cholesterol levels for all age groups are down at around 120 mg/100ml.

How do these peoples live? A diet close to the Natural Eating pattern and plenty of physical activity.

As for taking drugs, they always have side-effects which sometimes kill³ (see Book Review, page 1). Even Pfizer, the maker of Lipitor, is far more circumspect than the doctors that prescribe it. Pfizer says⁹ that Lipitor should only be prescribed to people who: have high blood pressure, have a family history of heart disease, are over 55 years old and are obese; the normal dose is 10 to 20 mg daily⁹.

How does this square with your situation? You are young, normal weight, have excellent blood pressure and good family history. On top of that, you have been over-prescribed.

We recommend you go cold turkey on the Natural Eating precepts and stop the medication right away. Then you have every chance of making it to 100 years old!

Chocolate Harms Dogs

Q. *I have read that dogs should not be fed chocolate because it is poisonous to them. Is this correct?*

A. Yes: the cocoa in chocolate contains chemicals such as theobromine, theophylline and caffeine. They are responsible for the "kick" we get from coffee, tea and chocolate.

It is the liver's job to break down these chemicals. In dogs, this takes a long time. For example, theobromine takes about four days to clear from a dog's system¹¹. Meanwhile it affects the heart, central nervous system and kidneys. Even a small dose can kill a dog in as little as six hours.

Two English bulldogs died after eating about 25 grams of dark chocolate each. Others have died after eating cooking chocolate, cocoa powder and cocoa-based garden mulch.

This is a nice example of how species are adapted to their natural feeding

pattern. Dogs are carnivores and there isn't any chocolate in the average carcass. On the other hand, caffeine, theobromine and theophylline are commonly present in human plant food -- so we have livers that are designed to deal with them.

Food Porn

Soy Sabotages Male Fertility

Dr. Lorraine Anderson studied sperm 'motility' for her doctorate. She could not figure out why some sperm moved so sluggishly that they had difficulty moving at all. Then she discovered that they were affected by plant estrogens from soy¹². "Impossible for them to make it to an egg, let alone make it with one", says she.

Soy - The Ghost at the Feast

It is quite hard to avoid soy if you are an ordinary consumer: soy (soya) is used to 'bulk out' and bind many processed foods, such as sausages, lasagna, beef burgers, yogurts, pizzas, ice cream, cakes and chicken nuggets. Soy is present in more than 70 per cent of all supermarket and fast food products¹³. But then, Natural Eaters won't be eating any of these things, will they?

Abstract But Important

Insulin Control and its Index

Last month, when we reviewed Dr. Krystosik's book 'Carbs from Heaven, Carbs from Hell' we concurred with him that dangerous *insulin spikes* are an important health criterion. However, we criticized his assertion that potato was therefore acceptable. On the contrary, potato provokes an insulin spike out of all proportion to its blood sugar spiking ability.

We know this because researchers have established *insulin indexes* for many foodstuffs. Insulin indexes (I.I.) are established in a similar way to glycemic indexes. Volunteers eat the sample foods and have their *insulin* levels measured over a period of time.

Insulin indexes usually, but not always, mirror the glycemic index. The carbohydrates with the worst I.I. are *potato, bread, breakfast cereals, and confectionery*.

Proteins too raise insulin, some very sharply -- notably yogurt. Worse, if proteins and carbohydrates are eaten together, then the insulin raising power of the combination is much

greater than of the two ingredients separately -- another good reason to avoid protein/starch combinations.

Some Insulin Indexes¹⁴

Food	Index
Potatoes	124
Yogurt	115
Bread	100
Rice	79
Fish	59
Beef	51
Eggs	31

We have been brainwashed to believe that yogurt is a health food. This one factor, insulin index, gives the lie to this claim. On the contrary, bad I.I. is another reason why foods like yogurt, corn flakes and French fries have such a devastating effect on health.

Hints and Tips

Breakfast Ideas - Blended Plants

For good health, it is essential to avoid spiking insulin levels early in the day. That means shunning traditional breakfast items like cereals, fries, toast, waffles, jam and dairy products. (See preceding article). We need to go for low Insulin Index foods, however bizarre they might seem.

Last month we suggested the cold soup, gazpacho, as a good start to a busy day. This is just one of many recipes for blended vegetables. Most combinations of colored, raw vegetables blend up to make a good breakfast meal. Flavor with onion, garlic, herbs and lemon juice. Eat as much as you like!

Note we do NOT recommend juicing FRUIT: that releases the sugars and gives them a 'bad' Insulin Index.

From Page 1

Question of the Month (Cont.)

Pasta is not for Runners

Is there a concentrated source of calories? Yes, with the San it comes with eating oil-rich mongongo nuts, tortoises and warthogs (remember Pumbaa in The Lion King?). They also got some fat by eating the brains, liver and marrow of the antelope.

We have several adherents who are extreme athletes -- even Ironman triathletes. They find that doing the Natural Eating thing is best for their health and their performance.

We do not expect you to eat brains and warthogs. Nuts and oily fish are a

good substitute -- but do not go overboard. Certainly do not get drawn into eating bad carbohydrates.

Fact for Thought (Continued)

The 6.5 Minute Dinner

Comment: Nobody wants to return to the drudgery of olden-days food preparation. But the wheel has turned too far. For every \$1 spent by the World Health Organization on improving nutrition, \$500 is spent by companies on promoting processed foods¹⁵. Result? Consumers have bought convenience at a terrible price: fake food that brings them, fast and effortlessly, to the worst of all worlds - nutrient-starved obesity and illness.

Viewpoint (Continued)

Problem Doctors -- or Problem Patients? Part 2

... Doctors say that patients are simply not interested in discussing the body's own healing capacity. They don't want to hear about maximizing "wellness" as opposed to "illness". Healthy lifestyles and sensible nutrition are a turn off; they want the prescription and they want it now!

Of course, antibiotics, strong painkillers, and powerful drugs do have their place. But their place is not the first option: they are the last option -- to be used when all else has failed.

So next time you feel ill, rather than running to your doctor for a "magic bullet", why not look at the reasons why you're not well? Have you been enjoying a sensible diet? Have you been overworking and not getting enough rest? Are you getting enough exercise; are you taking time out for relaxation and contemplation?

Do you really need to rush off to the doctor to get some tablets when in fact you are going to get better anyway? And isn't it sensible to give

your body a chance to heal the affected area and return your body to its natural state of "wellness"?

So who is the problem? The doctor who is browbeaten by his patients to write a prescription, or the patients who demand a prescription for every minor ailment? Ailments that they get moreover, because they are not prepared to invest the time or effort to look after their bodies. I'll leave you to ponder the answer to that question!

Dr. Peter Galgut PhD, MRDRCS is a senior research fellow at London University, and is a practising clinician specializing in the treatment of gum conditions and other problems that occur in the mouth. www.periodontal.co.uk

Book Review (Continued)

The Magnesium Solution to High Blood Pressure

... Dr. Cohen looks at one probable underlying cause of high blood pressure -- magnesium deficiency. He describes how up to 75% of Americans are deficient in this mineral and as a consequence are sick in many ways. Doctors are widely ignorant about magnesium and tend to think of drugs as first resort rather than last.

Dr. Cohen explains how magnesium is an essential micronutrient in maintaining suppleness in the walls of blood vessels. In magnesium deficiency, the vessels become stiffer and so do not absorb the blood pressure surges properly.

Dr. Cohen reviews many of the other lifestyle factors that are responsible for high blood pressure. These include obesity, lack of exercise, low fiber intake, salt, alcohol and smoking. However, even correcting these matters (particularly in black Americans) is not very effective; magnesium must be corrected too.

Dr. Cohen does not claim that fixing

magnesium deficiency will "cure" high blood pressure. Rather it is usually an overlooked piece of the jigsaw in a pattern of factors to be corrected.

This eminently readable book has guidance on the types of magnesium available and how to find the right dose for you. As commented on page 1, we should all be nervous of the aggressive side-effects of drugs.

The insights in this book offer a valuable avenue for high blood pressure sufferers to explore.

Public Events with Geoff Bond

Sunday, February 13th 2005
Talk.

Fear Not Diabetes and Cancer
Revolutionary Insights for Avoidance and Recovery.

Health & Wellbeing Festival,
Venus Beach Hotel, Paphos.

May (Date to be Announced)
Talk (Topic to be announced)
Droushia Heights Hotel Cultural Club

- ¹ Harcourt Brace & Co, Florida, 1986
- ² www.squareonepublishers.com
- ³ Lazarou, JAMA. 1998 Apr 15;279(15):1200-5.
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<http://www.ahrq.gov/qual/aderia/aderia.htm>
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- ⁶ Antinutrients and Phytochemicals in Food; ed Shahidi; Amer. Chem. Soc. Symposium; 1995
- ⁷ Ravnskov U. The Cholesterol Myths. New Trends Publishing, Washington DC 2000
- ⁸ Bradford R H, et al, Expanded clinical evaluation of lovastatin (EXCEL) study results. Arch Intern Med 1991; 151: 43-49.
- ⁹ http://www.pfizer.com/download/uspi_lipitor.pdf
- ¹⁰ Truswell & Hansen; in Kalahari Hunter Gatherers; Lee & DeVore; Harvard U.P.; 1998
- ¹¹ New Scientist, December 10, 2004
- ¹² Doctoral Thesis, Belfast University, 2004
- ¹³ The Observer, Nov 7 2004
- ¹⁴ Holt et al; Am J Clin Nutr; 1997; 66
- ¹⁵ Jules Pretty, Agri -Culture: reconnecting people, land and nature (2002)

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