

**NATURAL EATING NATURAL EATING NATURAL EATING**

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

**Evolutionary Psychology:** Sleep Patterns and Campfires. **Our Complex Bodies:** Chaos: The Butterfly Effect. **Q of Month:** Hunger and Fruit Dilemma. **Stop Press:** Natural Eating in French. **Recipe:** Conny's Moussaka. **Q&A:** Hunger, Hormones and Lifestyle -- Part 1; XanGo and Mangosteen Review; Bone Cancer Pain; Life Expectancy Delusions. **Breakfast Tips:** Eggs Any Style. **Odd But True:** Sunlight Prevents Cancer.

**Evolutionary Psychology**

**Sleep Patterns and Campfires**

*"Sleep that knits up the ravell'd sleeve<sup>a</sup> of care."* (Macbeth)

Forager tribes like the San (and like our ancient ancestors) sleep according to the rhythms of day and night. In the tropics, whatever the season, dusk comes around 6.00 pm and the dawn around 6.00 am.

For a few hours after dusk, the San huddle around the campfire talking quietly and doing little odd jobs by the firelight. Sleep would come around 9.30 pm. They would wake up with the dawn.

The creatures from whom we are descended, Homo Erectus, discovered fire at least 1 million years ago. We can imagine the nights with strange unknown rustlings in the dark. The campfire must have been a great comfort.

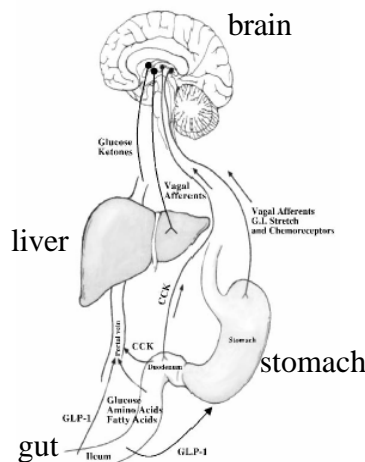
We all feel, even today, the fascination of a living fire. Gazing reflectively into the flames is an indescribable pleasure deeply anchored in our psyche. Campfires constitute a flickering island of reassurance going back to the beginning of human existence. The firelight comforts us with its pool of light and warmth. It chases the night horrors away; the dancing flames conjure up fantasies of the imagination.

This is our naturally adapted prelude to sleep. Sleep which, to paraphrase Shakespeare, restores the harmonious workings of our body for another day (see Sleep Deficit, page 3)

<sup>a</sup> Skein (of yarn)

**Our Complex Bodies**

**Chaos: The Butterfly Effect**



Some systems in the world mathematicians call "chaotic". That is, they obey all physical laws, yet the outcome of any particular action is mathematically impossible to predict. One such system is the weather.

Even if we knew everything about pressure, temperature and so forth, there is no way of predicting the weather with total accuracy. The Jeff Goldblum character in Jurassic Park explained what is known as the "butterfly effect" -- the idea that a butterfly flapping its wings in Japan could set off a n unpredictable train of events which trigger a tornado in Texas.

Our body's biochemistry is a similar "chaotic system". Above, we show a diagram of just a few of the signals reverberating between the digestive system, liver and brain. When all works well, they cause us to eat or not eat according to the needs of the body. In Hunger, Hormones and Lifestyle, page 2, we look at what happens when the signaling goes wrong.

**Question of Month**

**Hunger & Fruit Dilemma**

**Q.** I try to eat fruit through the morning as you suggest. However I find that it makes me more hungry than ever. What is going on?

**A.** In a word: "Fructose". On page 2 we mention that the fruit sugar, fructose, does not send "full up" signals to the brain. It does not increase insulin (which is good from other points of view) and it doesn't increase leptin -- both hormones that tell the brain to stop feeling hungry. In a double whammy, fructose increases concentrations of the "feel hungry" hormone, ghreline<sup>1</sup>.

Researchers are also beginning to find other drawbacks to a "high fructose" diet. By this they mean a massive intake of some 100 grams per day. Many teenagers (particularly boys) get to this level by the consumption, not of fruits, but of just five 12 oz cans of cola<sup>2</sup>.

At this level of consumption, fructose undermines blood sugar control, drives up glucose intolerance, blood pressure, cholesterol, triglycerides and insulin resistance<sup>2</sup>.

**Continued Page 4.**

**Stop Press**

**Natural Eating in French**

Oskarson, our French publisher, announces that he will launch the French edition of Natural Eating into all good bookshops in France on Friday April 22, 2005. French readers will benefit from an updated and much expanded edition.

In the meantime Geoff is working on a completely new book for English-speaking readers to be published by SquareOne out of New York.

## Recipe of the Month

Cookbook author and Natural Eating practitioner Conny Schober of Vancouver provides this recipe. Contact: [rolandcon@aol.com](mailto:rolandcon@aol.com)

**Conny's Moussaka**

YYYYY

4 servings

**Ingredients:**

3 lb (1¼ kg) Eggplant  
24 oz (675 g) Chicken Breast, minced, skinless and fatless  
1¾ lb (800 g) Marinara Sauce\*, ready-made, high quality (check the ingredients)  
1 Tablesp. Olive Oil  
Salt and pepper to taste  
Option: 2 oz (60 g) Parmesan cheese, grated

**Method:**

Slice the eggplant lengthways in slices ¼ inch (½ cm) thick.  
Steam them for 10 minutes or until done.  
Separate them into three lots.  
Meanwhile heat the oil in a frying pan and sauté the minced chicken, taking care to separate it well.  
Add the marinara sauce to the chicken and heat through.  
Take a large, oiled baking dish and cover the bottom with the first lot of steamed eggplant slices. Salt and pepper to taste.  
Take half of the chicken and marinara mixture and spread it over the first layer of eggplant.  
Place the second lot of eggplant in the next layer. Salt and pepper to taste.  
Spread the remaining chicken and marinara mixture over the eggplant slices.  
Place the third lot of aubergine slices in a final layer. Salt and pepper to taste  
Optional: sprinkle with Parmesan cheese.  
Heat through in the oven at 350°F (180°C) for 10 mins. until the cheese is melted.

\* any tomato, onion, garlic and herb sauce often sold as a pasta sauce.

## Questions

To answer the following question we have to explain a number of fundamental issues about the perspective we have on Western lifestyle. For this reason we have given it plenty of space. Here is part 1, part 2 next month.

**Hunger, Hormones and Lifestyle**

**Q.** As a health professional, I still don't understand why so many women struggle so with food cravings. I have this problem myself, and find that cravings for sugar and chocolate even though I think I've been eating a balanced and natural diet. I have found some literature on estradiol levels and total food intake, but nothing that explains these cravings. Can you give me some direction?

**A.** Yes, but perhaps not the one you think. Our bodies rely on a complex interplay of signals to regulate food consumption. Hormones and nerves are constantly relaying messages to our brain and back again to our digestive system. A diagram of some of the workings is shown on page 1, "Our Complex Bodies". The details are still not fully known and they are extraordinarily difficult to analyze.

However, one thing is clear: a wide variety of factors disturb the naturally adapted "eat" or "don't eat" instructions. For example, being fat, the wrong feeding pattern, even lack of sleep, will drive up hunger pangs.

You have focused on the hormone estradiol. This is just one of dozens of compounds whizzing around our bodies that, combined, have quite unpredictable ("chaotic") effects on our system.

This is why we fall back on the rock-solid knowledge given by our naturally adapted lifestyle. There are many factors where our lives are out of joint with the way nature designed our bodies to work on the savannas of east Africa.

**Food Addiction**

But when one talks of cravings, we immediately think of addictions. What is the most addictive thing in our diet today? It is sugars and their handmaidens, starches. Human biochemistry is no more adapted to handling these compounds healthily than it is to handling crack cocaine. Each time you consume one of these things, you

are consuming a powerful addictive drug that will make you want more of it as soon as its effects wear off.

It is a harsh message to hear. Those hunger cravings are withdrawal symptoms driven by being deprived of an addictive drug for a few hours. The only way out is to either wean yourself off slowly or go cold turkey. Either way you never put them in your body again.

Never put sugars or starches in your body ever again.

Once you are 'clean' you are like a reformed alcoholic who must never again let alcohol pass his lips. Do so and the bottom of the slippery slope awaits.

Of course there are many people, particularly pharmaceutical companies, who try to spare you the pain by finding magic potions that allow you to keep up your drug addiction without suffering the consequences.

They are busy trying to find chemicals that will manipulate that incredibly complex system of hormonal feedback. Their researches-- even if unsuccessful in finding a solution -- have extended our knowledge of how our biochemistry works.

**"Eat" or "Don't Eat" Hormones**

We now know that there are dozens of hormones that tell the brain to feel hunger and there are certainly as many that tell the brain to feel satiated. In 1999 a powerful "hunger hormone" was discovered and baptized "ghrelin". It was hoped that by blocking ghrelin, hunger could be controlled. But it was soon found that other hungry-making compounds such as Melanin-Concentrating Hormone step in to take its place.

Some of the compounds that take away appetite are insulin, oxyntomodulin, leptin and the hormone you mention, estradiol. Some unexpected consequences are coming to light: fructose, for example is a sugar that does not raise insulin levels, so it does not suppress ghrelin so hunger is not suppressed after a fructose-rich meal (see Hunger and Fruit Dilemma, page 1).

Ghrelin production is reduced after consuming a lot of calories -- but not, for some unknown reason, in fat people. The same happens with a hormone called PYY that the gut

secretes: it sends a "feeling full" signal to the brain. However, it has no effect in fat people.

### Sleep Deficit

Today the average American sleeps two hours fewer than in the 1960's. He certainly sleeps less -- and less well -- than the ideal for which our naturally adapted sleeping pattern has programmed us. (See Sleep Patterns and Campfires, page 1) An unexpected consequence is that sleep deprivation reduces appetite-suppressing hormones such as leptin and it increases hunger-inducing hormones such as ghrelin.

**Next Month:** *Part 2 -- Physical Activity Deficit, Hormonal Dodgems and Hunger Control in a Nutshell.*

### XanGo & Mangosteen Review

**Q.** *I am being tempted by an exotic fruit product called mangosteen juice and sold by XanGo. XanGo claims that it gives energy and boosts the immune system. What do you think?*

**A.** The mangosteen is a fruit found in countries like Thailand. The fruit itself has a benefit to companies like XanGo: it is not available in the West. XanGo can thus bottle it and sell it on at 'must have' prices.

The selling point is this: the mangosteen's rind contains compounds called "xanthones". These are kinds of flavonoids. Flavonoids are important micronutrients for the body. It depends on them to build immune function properly and maintain just about every other biochemical process. Of course flavonoids in general, including xanthones, are found throughout the plant kingdom. Mangos, too, contain xanthones.

What about the juice sold by XanGo? XanGo sells it in 25 fl oz bottles at \$39.95 each. The recommended daily "dose" is 1 fl oz, so a bottle will last 25 days. It contains not only extracts of mangosteen but also:

- apple juice concentrate,
- pear juice concentrate,
- grape juice concentrate,
- pear purée,
- blueberry juice concentrate,
- raspberry juice concentrate,
- strawberry juice concentrate,
- cranberry juice concentrate
- cherry juice concentrate.

In other words XanGo is probably only 10% mangosteen extract. The other

90% consists of nine concentrates of commonly available fruits. Does this matter? Probably not if you don't mind paying all that money for fruit you could get cheap, fresh and unprocessed in your local supermarket. And oh yes, all those concentrates are about 35% sugar (10 grams per 1 oz serving), so don't overdose.

XanGo sells its product through multi-level marketing. If you are a master distributor, make your money quickly (from people who don't read this newsletter) before mangosteen goes the same way as pycnogenol and all the other wonder remedies.

### Bone Cancer Pain

**Q.** *My friend has prostate cancer metastasized into certain bones. He has radiotherapy and chemotherapy more and more frequently. I want to try a more natural approach, but the patient needs to be convinced and willing to try. My question is: can we hope, through diet, to reduce the pain in the bones?*

**A.** Yes, we can hope -- but here is no time to lose. The first thing to do is practice, with utmost rigor, the lifestyle changes summarized in the table on page 158 of the Natural Eating Book. There is also more complete information on our website: [www.BeatCancerNaturally.com](http://www.BeatCancerNaturally.com).

If the patient has difficulty eating, then now is not the time to stand on ceremony: liquidize everything as necessary.

With the particular question about pain, there are certain things we can do. Certain, very powerful hormones called eicosanoids control pain sensitivity. Omega-6 oils such as corn oil, peanut oil, sunflower oil and safflower oil convert to eicosanoids which INCREASE sensitivity to pain. He should ruthlessly cut them out.

Omega-3 oils convert to eicosanoids that DECREASE sensitivity to pain (and inflammation). Make sure that the patient eats plenty of oily fish (sardine, salmon, trout etc.) if he can. If he can't, use fish oil capsules. Anyway include a tablespoon of FLAXSEED OIL three times a day in the food preparation (e.g. vinaigrette) or mix it into the liquidized food.

Saturated fats BLOCK the favorable activities of omega-3, so he must cut

them out of the diet too. This includes all beef, pork and lamb products. It also includes ALL dairy products -- butter, milk, yogurt and cheese. It also includes hydrogenated and trans fats. They mostly occur in ready-to-eat meals, cakes, biscuits and ice cream. AVOID.

As you say, the patient has to want to make these changes. Let him know that by making these changes, he is now putting the right fuel into his body, just as nature intended. He has stacked the deck of cards in his favor. After that, it is his decision.

### "Life Expectancy" Delusions

**Q.** *You say that the life expectancy of a 15-year old American farm-boy today is no better than a 15-year old farm-boy 150 years ago. How can this be? Male life expectancy back then was 47 years, today it is 74 years.*

**A. Geoff Bond replies:** My grandfather was born into a Victorian family where a total of 10 children were born. Five succumbed, before the age of ten, to childhood diseases like scarlet fever, whooping cough, and measles. The other five lived until about 85 years old.

When my grandfather was born into that family he had a 50% chance of dying by 10 years old or a 50% chance of making it to 85. The average life expectancy AT BIRTH in that family was around 47.

"At birth" is the qualification that is often missed out when bandying such statistics about. The big difference today is that we are much better at keeping infants alive through childhood illnesses. This boosts dramatically the averages for life expectancy AT BIRTH.

However, I am talking about remaining life expectancy at age FIFTEEN. Back in my grandfather's family, if you got safely to 15 years old, your remaining life expectancy at age 15 was a further 70 years. As it happens, this is BETTER than 15-year-old boys today. They have a remaining life expectancy of 60.3 years<sup>3</sup>. That is, they can "expect" to live a further 60.3 years and die at age 75.3 (These are figures for the year 2002).

The point I am trying to make is that we kid ourselves when we say that "we are living longer than ever before." By the time anyone is old

enough to know what the phrase means, their remaining life expectancy is no better than it was in rural America 150 years ago.

So let's not delude ourselves. This is IN SPITE OF today's massive health-care provision to keep old people alive that simply was not available to my grandfather's generation.

In fact, researchers are now predicting that average life expectancy at birth is going to get WORSE, once the younger generation, riddled with lifestyle diseases, get to middle age and fall off the perch.

Parents in their 60's and 70's are already burying their children who have died in their 40's and 50's -- of cancers, heart attacks, strokes, and so forth.

**Breakfast Tips**

**Eggs Any-Style**

*We need to go for low Insulin Index<sup>4</sup> foods, however unusual they might seem.*

In fact eggs are fine for breakfast -- and this idea is quite in keeping with our traditions. So boiled eggs, omelets, poached eggs, scrambled eggs, and fried eggs are fine. Always go for free-range, omega-3 rich eggs if you can. Two to three eggs make a reasonable serving.

Make sure you avoid the temptation to serve the eggs with bread or French fries and also avoid cheese (e.g. in omelets). Instead, accompany them with a copious green salad or any vegetable that takes your fancy. Any kind of vegetable filling will do for omelets: sautéed mushrooms are a classic but it is just as easy to sauté some frozen diced mixed vegetables.

**Recap of Previous Breakfast Ideas:**

- Freshly blended vegetable soup
- Vegetable and shrimp stir fry

**Odd But True**

**Sunlight prevents Cancer**

We are all tropical creatures: in Dec. 2002 we reported that we now over-compensate for fears of skin cancer by staying indoors too much. Women who live in gloomy, overcast regions of the United States had three times MORE risk of breast cancer compared to those who lived in the sunniest parts .

Now two more studies<sup>5</sup> reinforce the message: sunshine helps melanoma sufferers RECOVER; and it prevents people getting lymphatic cancer. The trick is to get sunlight regularly but avoid burning.

**From Page 1**

**Question of the Month (Cont.)**

**Hunger and Fruit Dilemma**

All this is mentioned in the Natural Eating book page 123. We also mention that it gives intestinal disturbances.

The liver also easily converts fructose to fat. In a study<sup>6</sup> on fat five-year olds, all-natural apple juice was as fattening as Kool-Aid (a powdered fruit drink containing 16 grams of sugar per serving).

Nevertheless, researchers hasten to reassure us that we should not, for these reasons, stop eating fresh fruit. We agree, although we think a degree of caution is necessary. Farmers have bred fruits in recent years to be increasingly sweet. Apples have reached an intensity of sweetness that is almost sickly. One medium apple contains 8 grams of fructose .

John Maynard Keynes, the Nobel prize-winning economist, said: "when the facts change, I change my mind -- what do you do?"

We are faced with the dilemma that farmers are breeding fruit to be ever sweeter and less fibrous than in the past. The *nature* of fruit is now quite different compared to the fruits our ancestors would have found on the African savannas. They do still contain all kinds of very good micro-nutrients that our bodies need. But our recommendation to consume some 2 lb per day needs qualifying.

2 lb of fruit could provide up to some 70 gram of fructose -- close to the levels seen as health threatening in recent studies. We reinforce the advice to spread consumption over many hours.

In the future we will be having to choose fruits that are not only low glycemic but also less sweet and low in fructose. Apples, for example, even if they have a relatively low glycemic index, are very rich in fructose -- over 8 grams of fructose per 100 grams (plus 3 gram of glucose). 100g of apple concentrate, often used as a "natural sweetener", contains 40g of fructose. On the other hand, raspberries and strawberries are both low glycemic and low in fructose (about 3.5g per 100g).

We will go more into fruit choices next month. As for eating fruit through the morning, this is only one of many choices. We have been serializing alternative breakfast ideas for several months now. (See Breakfast Tips, this page.)

<sup>1</sup> J Clin Endocrinology & Metab. (2004) Vol 89, no 6, 2963

<sup>2</sup> Am J Clin Nutr. 2002;76:911-22

<sup>3</sup> National Vital Statistics Report, vol 53, no 6, Nov 10 2004

<sup>4</sup> Natural Eating Newsletter; Jan 2005

<sup>5</sup> J Cancer. Feb 10 2005

<sup>6</sup> Pediatrics, Feb, 2005

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