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**Question of Month:** Canola versus Flax Oil. **Evolutionary Biology:** Smaller Molars thanks to Softer Plants **Human Heritage:** New World Settled by One Small Tribe. **Evolutionary Psychology:** Social Behavior Hormone. **Quotes:** Aristotle; Rabelais. **Recipe:** Apricot Tart. **Q&A:** What Exercise for Diabetes?; Hunger Hormone Control - 4; Fresh Food vs. Processed; Pancreatic Cancer - 3. **Food Policy:** Food Pyramid - 3; The USDA contradicts its own Food Pyramid Advice. **Breakfast ideas:** Natural Eating Continental Breakfast. **Abstract but Important:** Pregnancy Lifestyle can Change Fetus Genes. **Lifestyle-Disease Links:** Cataracts/Omega-6 Oil. **Buyer Beware:** Big Pharma Subverts NIH Watchdog. **News Shorts:** Syndrome X Costs \$4,000 per Year.

**Question of the Month****Canola versus Flax Oil**

**Q.** You recommend Canola (rape-seed) oil for its omega-3 content yet when it comes to supplementing you say flaxseed oil. Why is this?

**A.** Canola oil is, of all the super-market vegetable oils, the only one to have a reasonable ratio of omega-3 to omega-6. However, it is still only about 1 to 3. This is fine for everyday bulk use in salad dressing and so on. Flaxseed oil has a much higher concentration of omega-3 (4 to 1 in favor of omega-3). However, it is very expensive for everyday use and is more fragile (it must be kept in the fridge). It would certainly be better to use flaxseed oil for everyday use too, if you can stand the taste -- and have a deep pocket.

**Evolutionary Biology****Soft Plant Tooth Reduction**

Human jaws and teeth have reduced in size over the last 300,000 years. The back, grinding teeth can afford to become smaller as food toughness drops. The drop can happen for two main reasons: selection of softer plants or softening by cooking. Biology predicts that the drop in toughness is related to the reduction in tooth size multiplied by itself three times. Calculations show <sup>1</sup> that cooking cannot have had the necessary effect. That means that tooth size dropped only because humans were selecting softer plants.

This fits with what we understand about our ancestral diet. Plant food was rarely cooked but those early humans, like chimpanzees today, became cleverer at foraging softer, less harsh plant parts.

**Human Heritage****New World Settled by One Small Tribe**

Only about 250 people crossed the ice-age Bering land bridge from Asia to become the founding population of the Americas. Of that pioneering group, there were just 35 breeding pairs<sup>2</sup> according to Dr. Jody Hey of Rutgers University, Piscataway, N.J.

Hey arrived at that strikingly small number after analyzing DNA from living Asians and Native Americans.

"It looks like a group that was about the size of a single tribe made the initial trip from Asia to the New World," Hey says.

Hey's analysis indicates that between 14,000 and 7,000 years ago, approximately 250 people entered the New World after leaving an Asian population that was roughly 100 times as large. The new results bolster the view that a small, isolated population settled the Americas. On the map above, the colored circles indicate genetically similar peoples.

Scientists have long debated the date of the original colonization of the Americas. The earliest fossil evidence is of the so-called Clovis people, carbon dated to around 11,000 years ago. Whatever the exact date, the evidence now indicates a first settlement of the Americas by Asian peoples fewer than 550 generations ago.

**Evolutionary Psychology****Social Behavior Hormone**

Dr. Michael Kosfeld in Zurich University, Switzerland got students to play a game which involved a test of trust. He found <sup>3</sup> that students receiving a dose of the nerve hormone called oxytocin became much more trusting. The hormone acts on the region of the brain called the amygdala. Kosfeld suggests that autism, a condition where trust is diminished could yield to oxytocin treatment.

**Our View?** We would argue that the correct approach is to avoid damaging the amygdala in the first place. We know that autism often goes into remission when sufferers eliminate wheat and dairy from the diet. They both contain aggressive plant poisons (antigens) capable of crossing the blood/brain barrier and hurting the amygdala.

We met oxytocin before, in the March 2002 Newsletter. Oxytocin is released in women's brains under sudden danger (such as leopard attack), "and it encourages them to tend children and gather with other women." Look up the article in our open-access archives linked from the main page of our website or go to: <http://www.naturaleater.com/newsletter-archive/Newsletter-Index.htm>

**Quotes of the Month**

"If one way be better than another, that -- you may be sure -- is nature's way." -- *Aristotle, Greek philosopher, 350 BC.*

"Health is our life. Without health, there is neither life nor decent living." -- *Rabelais, 15<sup>th</sup> century French doctor and satirist.*

**Recipe of the Month**

*As all our recipes, this one is fully conforming and safe for diabetics. It is great eaten at any time of the day. Try it for continental breakfast (see Breakfast Ideas, page 3)*

**Apricot Tart**

YYYYY

**Serves 8****Ingredients**

21 oz (600 g) apricots (fresh)  
2 eggs, omega-3 rich, free-range  
5 teasp. fructose  
2 tsp. (10 ml) vanilla extract  
3 T. (45 ml) olive oil  
4 ½ oz (130 g) almond powder

**Method:**

Wash and dry the apricots. Cut them in halves.

Meanwhile, in a mixing bowl, beat the eggs with 2 teasp. of fructose, the vanilla extract and the olive oil.

Fold in the almond powder and mix well.

Cover the bottom of an oiled round tart mold with the 'dough'.

Layer the apricots, cut side up, on top of the dough in concentric circles.

Sprinkle the apricots with the remaining 3 teasp. of fructose.

Bake at 350°F (180°C) for approx. 30 minutes or until the 'dough' is golden brown.

When you take it out of the oven, there might be a film of liquid left on the surface. This will glaze over when cooled down.

**Comment:**

This is a fully conforming dish but it is nutrient dense -- so limit yourself to just one slice!

What about food combining? Some might worry about the fruit with the high protein "dough", especially at the end of a meal. But the apricots being cooked, there should not be a digestive difficulty.

**Questions****What Exercise for Diabetes?**

**Q.** *I am diabetic and my doctor tells me it will help to exercise. Do you have any guidelines?*

**A.** Yes, nature designed the human frame to be healthy on what seems to us in the modern world to be a high level of exercise. In the Natural Eating book, chapter 11 (Exercise) we explain the physical activity pattern to which the human frame is naturally adapted. Broadly this is walking an average of 5 miles per day. Diabetics need to be particularly vigilant. However, until recently, no one had tried to measure just what amount of exercise is effective for them. Now researchers at the University of Padua, Italy have come up with some solid findings<sup>4</sup>.

Those diabetics who changed from no exercise to walking 5½ miles (9 km or 10,600 steps) per day saw dramatic improvements after a two year period. (This level of exercise of course is right for ALL humans, not just diabetics.)

LDL (bad) cholesterol was lowered by 6 mg/dl; triglycerides by 57 mg/dl; blood pressure by 7 mmHg (systolic) and 5 mmHg (diastolic); and annual medical costs reduced by \$1,248. Exercise raised HDL (good) cholesterol by 10 mg/dl. The number of people on insulin therapy fell by 25%.

Even walking just 2¼ miles (3.5 km) per day improved the vital signs and saved \$288 in medical bills.

In contrast, sedentary diabetics spent an additional \$516 per year on medical expenses over a two-year period. They increased use of diabetes medications, and saw a rise in blood pressure, cholesterol and triglyceride levels.

**See "Exercise", next item.**

**Hunger Hormone Control - 4**

*In previous issues we saw how hunger is controlled by signals between the brain and digestive organs. Here we summarize non-food factors affecting the hunger signals.*

**Sleep**

In the March issue we saw how most Americans are in chronic sleep deficit and how this increases "feel hungry hormones". We learn from our naturally adapted pattern (see Sleep

Patterns and Campfires, March 2005). We need to sleep more -- and in a natural way. That is, keep the light levels low after about 8.00 pm; switch off the TV and read or converse quietly. Go to bed in time for you to wake up naturally with the daylight (no alarm clocks!) .

**Exercise**

You have heard it before: exercise more. Every day do something aerobic for at least 30 minutes. The easiest way is to take up sporty hobbies: swimming, dance, tennis, badminton, racquets, golf, cycling -- whatever works for you. Walk whenever you can and do so briskly. Climb the stairs instead of the elevator. You get the idea: look for ways to use your body the way nature intended. It is a highly complex machine and it will rejoice in being treated with respect.

**Next Month:** *Hunger Hormones and the Female.*

**Fresh Food vs. Processed**

**Q.** *I am very busy but want to eat right. Is a low-fat diet using processed foods OK?*

**A.** No. Processed food, by definition, is denatured and has lost many essential nutrients. A study<sup>5</sup> examined a fresh food diet compared to a processed food diet. The two diets were identical in total fat, saturated fat, protein, carbohydrate, and cholesterol.

The fresh food group ate lots of plant-based foods. The processed group ate reduced-fat cheese, luncheon meat, frozen dinners, diet soda and fat-free cookies.

At the end of a month, the fresh food group's "bad" cholesterol dropped 9.4%, double the reduction compared to the processed food group.

**Pancreatic Cancer - Part 3**

*We serialize the crash course to fight the advance of pancreatic cancer. The advice is good for EVERYONE, however healthy they are.*

**F. Never let Sugar or any of its aliases pass your lips again.** That also means:

- NO honey, maple syrup, sugary carbonated drinks, fruit juices.
- NO sweets, confectionary or Hershey bars.
- If you need to sweeten anything, use artificial sweeteners (yes really!) -- can be saccharine, Nutra-sweet, whatever.

**G. Fats and Oils:**

- Only use Canola oil, flaxseed oil and walnut oil.
- AVOID butter, margarine, lard and shortening.
- AVOID transfats and hydrogenated fats.
- AVOID all other vegetable oils: corn oil, sunflower oil, peanut oil, soybean oil, safflower oil, cotton seed oil and all the rest.
- Olive oil is tolerated -- especially for stir-fry and sautéing (it resists heat well).

**H. Never let Dairy products pass your lips again.** That means NO milk, yogurt, butter, cream, ice cream or cheese -- of ANY KIND.

**I. Never let legumes pass your lips again.** That means NO peas, dry beans, lentils, peanuts or garbanzo. It especially means NO SOY. Soy contains some of the nastiest pancreatic toxins (trypsin inhibitors and lectins) that we know of<sup>6</sup>.

**Next month:** *Crash course continues.*

### Food Policy

#### 2005 Food Pyramid - part 3

*Last month we saw how the online pyramid site gives misleading information to youngsters....*

#### The online Game for Youngsters

Worse, the danger is that youngsters will see the online interactive facility as a game. A challenge to their ingenuity to meet the targets by system-beating strategies. For example, French fries and tomato sauce still count as a vegetable! So a wily fourth grader can easily meet his vegetable target with a couple of portions of fries dolloped with ketchup.

#### Online Pyramid Bench-test

At [www.mypyramid.com](http://www.mypyramid.com) you can enter the foods you ate for the day. The online facility automatically calculates the nutrients you have absorbed. If you do this with a typical Natural Eater intake, you get this result:

The USDA's targets for salad, vegetable and fruit consumption are laughably low. The Natural Eater will exceed the targets by 6 or 7 TIMES.

Your intake of vitamins, minerals, and fiber, will sprint past the USDA's targets, sometimes by wide margins. Vitamin C is 5 TIMES as much; fiber - 3 times; vitamin E - 2½ times; selenium

- 2 times; iron - 2 times; magnesium - 2 times. Calcium will be around the 1000 mg mark -- without the benefit of milk or "calcium-rich" foods.

Even sodium will be disturbingly high - around 1000 mg even though you do not use salt. In part this is because of the imprecision of the USDA database -- it assumes your nuts and canned sardines are salted. Even so, a good part comes just from what is naturally present in the plants.

Your intake of proteins and fats will be higher than the USDA's targets. This will be due to the entirely healthy intake of oily fish and raw nuts.

Your intake of omega-6 oil will be right on the USDA's target, which is all right as far as it goes. It comes from the tree-nuts and Canola oil (rapeseed oil). (Canola oil is 20% omega-6 and 10% omega-3 oil)

Your intake of omega-3 oils will be better than the USDA targets but will struggle to get within the Natural Eater's target of 25% of omega-6 consumption. This just goes to show how hard it is to shift omega-6 oils out of the diet and get adequate omega-3 from currently available foods.

**Next Month:** *Bench-test continues; Eating by Numbers; Pyramid wrap-up.*

#### The USDA Contradicts its own Food Pyramid Advice

What the USDA advises people to eat is the opposite of what it pays farmers to grow. On the new food pyramid, neither corn nor soybeans are mentioned. Yet U.S. farmers receive \$15 billion in subsidies to grow corn, soybeans plus sugar, wheat and rice.

Fruit and vegetable farmers receive no subsidies whatsoever, though these foods are supposed to make up the largest part of Americans' diets.

Sen. Peter Fitzgerald compared the USDA to a fox guarding the henhouse. Disgracefully, his draft legislation to move the nutrition program to the Dept. of Health was kicked into touch.

**Our View?** The USDA doesn't give \$15 billion to just anyone. In this case, politicians are guaranteeing themselves continued support from the mega food corporations. That is the realpolitik governing food production in the industrialized countries. Fortunately, as individuals, we can make our informed choices anyway.

Just resent the taxes going to subsidize the growing of crops that even the USDA recognizes as unhealthy.

### Breakfast Ideas

#### Continental Breakfast à la Natural Eating

*We need to go for low Insulin Index<sup>7</sup> foods, however unusual they might seem.*

It is easy to adapt the classic American continental breakfast of coffee with English muffins or Danish pastry to the Natural Eating precepts.

The coffee, especially if it is the typical, weak, American coffee, we can pass over in silence. Tea however would be a better choice.

Now for the English muffins or Danish pastry. We have great substitutions from our published recipes. They are all free of flour, dairy, butter and sugar and are fully safe, even for diabetics.

- **Chocolate Brownie:** *Cookbook p. 85*
- **Jeanne's Marble Cake:** *April 2005*
- **Apricot Tart:** *Recipe, page 2.*

#### Recap of Previous Breakfast Ideas:

- Freshly blended vegetable soup (Jan 2005)
- Vegetable and shrimp stir fry (Feb 2005)
- Eggs any style (March 2005)
- Traditional haddock breakfast (April 2005)
- Seafood salad (May 2005)

### Abstract but Important

#### Pregnancy Changes Fetus Genes

Last month (*Genetic Heritage*) we saw how a pregnant mother's lifestyle could alter some genes in her fetus. These alterations were then passed down to subsequent generations. These are known as "epigenetic" effects. The question is: will this make our descendants better adapted to modern diets?

The answer is no -- for a couple of reasons. First, only some genes seem to be affected by this phenomenon -- so perhaps 98% of our make up is impervious to this effect.

Secondly, there is no direct line from the cause to effect. For example the pregnant mice were fed vitamin A which changed their offspring's genes such that following generations had brown fur instead of white. There is no obvious reason why this should happen; there is every reason why we should avoid meddling in such matters for which we cannot predict the outcome.

We cannot say, for example, by



eating fast food it will have the effect of making our descendents more resistant to it. Most likely genes will not change at all. But just possibly they could modify, and it could be quite unwanted -- like vulnerability to cancer or diabetes.

**Lifestyle-Disease Links**

**Cataracts/Omega-6 Oil**

Prof. Paul Jacques of Tufts University mined the data in the 30-year ongoing Nurses Health Study for links between cataract and fat consumption. A cataract is a clouded-over lens of the eye.

He found<sup>8</sup> that women who had high consumption of corn oil (an omega-6 oil) were more likely to have cataracts than those who did not. In addition, cataracts were linked to high intake of mayonnaise, cheese, beef, pork and lamb (all are saturated fat sources).

In a second study he found<sup>9</sup> that those who had a high consumption of oily fish (omega-3) were LESS likely to have cataracts.

**Our View?** Here cataracts are linked to saturated fat and unbalanced omega-6/omega-3 intake. We know of other factors too, such as diabetes<sup>10</sup> and the inadequate intake of plant antioxidants<sup>11</sup>.

The San Bushmen retained remarkable clarity of vision until advanced old age<sup>12</sup>, so all the evidence points to the Natural Eating pattern as being best for our eyesight too.

**Buyer Beware**

**Big Pharma Subverts Watchdog**

The National Institutes of Health (NIH) is supposed to be a group of neutral government experts dispensing impartial advice. After all, the NIH receives \$28 billion a year in its mission

“to extend healthy life and to reduce the burdens of illness and disability.”

However, mammon has infiltrated itself even into this temple of fine intentions. Over 530 top scientists, the setters of standards for the pharmaceutical industry, are taking fees, stock options and stocks from pharmaceutical companies<sup>13</sup>.

Incredibly, the man who is responsible for setting the new cholesterol guidelines, Dr. H. Brewer is on the take. He received \$114,000 in a two year period from companies making cholesterol drugs. The payback? He wrote the Guidelines to say that even healthy people should be medicating with cholesterol-lowering drugs. (See The Healthy Duped on Drugs, last month.)

A senior Alzheimer researcher took \$508,000 in fees from Pfizer. He later approved Pfizer's new Alzheimer's drug for commercialization.

**Why do we tell you all this?** To remind you that almost all advice is tainted by commercial interests. That is why you must make you own informed judgments. You have to take charge and satisfy yourself that treatments are strictly necessary. Be aware that Big Pharma is “pharming” you like a milch cow.

**News Shorts**

**\$4,000 Cost of Syndrome X**

In the Natural Eating book (page 181) we explain syndrome X (also known as metabolic syndrome). It is a condition marked by obesity, poor blood sugar control (or full blown diabetes), high blood pressure, high triglycerides and a poor cholesterol profile. This condition now accounts for 40% of spending on prescription

drugs<sup>14</sup>. In 2005, prescription costs per adult averaged \$4,116.

According to U.S. estimates, roughly one in four adults and one in eight children have syndrome X. Sufferers are twice as likely to have a heart attack or stroke and three times as likely to die early from those causes.

**Our View?** This terrible and costly epidemic is rotting the heart out of the American nation. The chief causes are food overindulgence (especially of bad carbohydrates) and physical laziness. (See Exercise for Diabetes, p 2.)

Just follow our precepts and you will have a double bonus:

- avoid the agonies of chronic sickness and an early death,
- save over \$4,000 a year.

**Advance Notice**

**Geoff Bond is keynote speaker at:**

3<sup>rd</sup> Annual Community Health Seminar

**Hosted by Dr. Rita Stec**

Sponsored by the

Walter T. Stec Memorial Education Foundation

**Wednesday, November 16, 2005**

8 am to 1 pm

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