

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.

Food Politics: USDA Whistleblower on the Food Guide Pyramid. **Human Heritage:** Origins of Warfare. **Facts & Fallacy:** Harmless Homeopathy. **Q of Month:** Milk Indoctrination at School. **Recipes:** Cynthia's Eggplant & Tahini Pie. **Q&A:** Vegans and Endurance Sports; Irritable Bowel - Diet Matters; Breathing and Diet. **News Shorts:** Bitter Chocolate Best; Non-epidemic of Melanoma. **Fascinating & Important:** Healthy Colon Briefing (2). **Jungle Lore:** Dr Noll's Bitterness is not all Bad (2). **Child Rearing Hints:** Saturday Morning Commercials.

Food Politics**USDA Whistleblower on the Food Guide Pyramid**

In our recent series of articles on the new United States Department of Agriculture (USDA) food pyramid, we showed how the guidelines are far from being a gold standard of good practice. On the contrary they are a misleading and grubby compromise between industry, lobbies, unions and politicians.

Dr Luise Light (luvalu365@yahoo.com) led the USDA's scientific team drafting the new guidelines. In good faith they submitted their draft Food Guide to the Secretary of Agriculture. They were scandalized to find their recommendations censored, watered down, ignored and perverted:

- Baked goods made with white flour were moved from the peak of the pyramid -- signifying to eat them sparingly -- to the pyramid's base (indicating to gorge on them).
- The recommendation of 3-4 daily servings of whole-grain breads and cereals was changed to a whopping 6-11 servings -- as a concession to the processed wheat and corn industries.
- The wording "eat less" was changed to "avoid too much," giving a nod to the processed-food industry's interests by not limiting highly profitable junk foods.
- Lean meats were downplayed, as lobbyists feared consumers would stay away from high-fat products.
- The meat lobby changed the color of the saturated fat/cholesterol chart from red to purple --

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Human Heritage**Origins of Warfare**

Is there any truth in the idea that humans are naturally warlike? Everywhere we see signs of humans killing humans in murderous conflicts

The American anthropologist Napoleon Chagnon studied the fierce Yanomamo tribe of the Amazon rainforest for 30 years. He estimates that 40% of males died violent deaths from warfare.

The San Bushmen frequently warred with neighboring groups; they had a murder rate greater than America's inner cities¹. One band avenged a killing by sneaking in to the killer's camp and murdering every man, woman and child as they slept¹.

The Australian Aborigines had a similar pattern. Jealousies, vendettas, revenge killings were frequent features of Aboriginal life. They raided neighboring camps and put to death the opposing wounded. Bodies were dismembered with stone axes and knives. Women and children were not spared.

Next Month: *Evolutionary Payoff***Facts and Fallacy****Harmless Homeopathy**

In 2002, American illusionist James Randi, offered \$1m to anyone able to prove, under observed conditions in a laboratory, that homeopathic remedies can really cure people. His money is safe: no one can get past even the preliminary tests.

Many patients swear by the efficacy of homeopathic remedies, even though hundreds of scientific studies find no evidence that they work.

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Question of the Month**Milk Indoctrination in School**

Q. My 9-year old son Alexander stood up to his teacher over the advice in a "fact" sheet on osteoporosis. Contrary to what I tell him, this sheet says that to prevent it you must eat a lot of dairy products and drink 5 to 6 glasses of milk a day!

A. It is scandalous how agro-industry interests have infiltrated right into our schools. This is exactly what the USDA's Dr. Luise Light vehemently protests about. (Food Politics, this page).

In the first instance, tell the teacher that you do not want her indoctrinating (use that word) your child in a long-since discredited and dangerous piece of nonsense. Point out gently that she is harboring a "mind virus" planted there by the dairy industry. Preferably she will refrain from infecting any other young minds with it. Tough words -- but they have to be said to make an impact.

With regard to your son, first you should congratulate him for his bravery in sticking up for his views in the face of an authority figure like his teacher. He has learned something useful: that even teachers do not know everything -- and it is important to sometimes question what people tell you - especially if it sounds wrong.

Secondly you have to bolster his confidence that his position is sound. Say that everything we say is logical and based on facts. That it is the *scientific way*. Give him the reasons and arguments. There is a good bone health summary in the Natural Eating book, pages 145 to 150.

Conforming Recipes

It is possible for humans to follow a vegan lifestyle (Natural Eating book, page 114) if they so choose. Even so, there are some strict precautions to be observed. In particular, avoid the traditional (but human-harmful) vegan standbys of grains and legumes. We thank Cynthia Smith (who is a vegan) for passing on this recipe from Binur Bron (who is nearly vegan).

We were excited to discover Binur's dish at Cynthia's garden party and can personally attest to its delicious qualities.

Binur's Eggplant & Tahini Pie

YYYYY

Ingredients:

- 5 Eggplants (Aubergine)
- 1 Tomato
- ½ glass Tahini (sesame butter), raw
- 2 Tbsp. crushed Garlic
- 1 Tbsp. Lemon juice
- 1½ tsp. Soy sauce
- 1 tsp. Salt
- ½ tsp. sweet Paprika
- 1 Tbsp. Basil (dry or fresh)

Method:

- Roast the eggplant in a hot oven, 400°F (200°C) for about an hour, turning them every 15 to 20 min. to evenly roast. Cool and peel.
- Put the eggplant's content in a bowl and mash well.
- Mash the tomato and add to the eggplant.
- Add all the rest of the ingredients and mix to get an even mixture.
- Put in an oiled baking tray and bake in a medium oven, 355°F (180°C) for about an hour.

Comment

We featured tahini in our last newsletter. It should be ground sesame seed, nothing else. Normally we are wary of seeds. By a fortunate quirk, its omega-6 oils are not harmful.

Try increasing the amount of all the spices to taste.

Vegetarian Variant: Add two beaten omega-3 eggs to the mixture before final baking.

Questions**Vegans and Endurance Sports**

Q. *What are your thoughts on a vegan raw diet consisting of mainly lots of fruit and some greens? 80% carbs, 10% fat and 10% protein all coming from fruits and raw vegetables some nuts and avocado? Is some meat consumption healthy or necessary?*

I am also an athlete doing long distance triathlons. Do you think simple sugar such as Gatorade (a high sugar sports drink) is fine or should I stick with fruit or fruit juice?

A. The quick response is that a vegan diet is quite possible, even if it is a bit of a stretch (Natural Eating book page 114.) Vegans just need to eat like gorillas (page 52). We would not overload on fruits – focus on colored vegetables and shun cereals, starches and legumes.

In view of your endurance sports, we would bump up the nuts intake to about 25% by weight of what you eat. Since half their weight is fat, that will maintain the protein/fat ratio roughly where you suggested too.

As for sugary drinks like fruit juice and Gatorade, it all depends on how much you are willing to put sporting performance before your health. We do not recommend it.

We have a couple of Ironman triathletes in our following, but they do not try to be vegans. Either way, the human organism is not designed for these extreme endurance efforts -- so whatever you do, it will have to be a distortion too. Let us know how you get on!

Irritable Bowel - Diet Matters

Q. *I have been diagnosed with Irritable Bowel Syndrome (IBS). My consultant is prescribing drugs but he says it does not matter what I eat. What should I do?*

A. The short answer is: change your consultant! Your consultant's own scientific journals publish data showing that many eating errors provoke IBS -- which in turn is often the visible symptom of an inappropriate immune system reaction.

The main errors are the consumption of grains, dairy products and pulses. The human digestive tract cannot handle their content of allergens (such as gluten and lactose²) and plant poisons³ (such as lectins).

The modern diet is also loaded with sulfides, often used as a preservative. These encourage overgrowth of "bad" sulfate-eating bacteria in the colon, which in turn provoke IBS⁴. Some research also suggests that bringing up children in an environment that is too hygienic can be a problem⁵ -- the immune system needs to be challenged. Not surprisingly you should avoid hot spices. Dr. P. Holzer⁶, among many others, found that chili has a powerful, adverse effect on IBS symptoms.

In contrast, a diet rich in the soluble fiber found in plant food is found to be soothing and beneficial. This is not surprising: they send down the residues that feed the "good" bacteria that the human colon was designed to work with.

Moral? You have to go cold turkey. Microscopic amounts of these harmful substances can trigger a reaction. Carefully study and follow the information in our "Colon Briefing" (page 3.)

Breathing and Diet

Q. *I am a health professional specializing in respiratory conditions. What can you suggest for improving, even healing, conditions such as asthma, chronic obstructive pulmonary disease, pulmonary fibrosis and interstitial lung disease?*

A. When the stranger in Dublin asked the way to Limerick, he was told: "It's easier if you don't start from here!"

Apart from asthma, the conditions you mention concern lungs already damaged in some way, for example by smoking, asbestos or coal dust. These are often considered irreversible.

So we will deal with the easiest question first. When talking about lung function, studies show that lung performance is better in those who eat fresh fruit at least once a day⁷; those who eat at least five apples a week⁸; those who have high intake of fruit and vegetables⁹.

Yet another study¹⁰ confirms that poor lung function is a symptom of a deficiency of fresh fruit in the diet; both tomatoes and apples reverse the effect.

Summarizing, poor lung function, including asthma, is often a deficiency disease. That is, deficiency of the

unique combination of hundreds of micronutrients like vitamins, bio-flavonoids, phenols and carotenes present in fruits and vegetation.

There is hope for conditions like asthma -- which is reversible -- and which can be triggered by a variety of factors, often acting in combination.

A second factor concerning asthma is an overconsumption of omega-6 oils. (Examples are sunflower oil, corn oil and safflower oil). These produce hormones which increase sensitivity to histamines, and increase airway constriction. It is vital, in the treatment of asthma, to get the omega-3 to omega-6 ratio in balance. (Refer to the Natural Eating book, page 80)

With regard to the second category of disease (the ones medically considered irreversible) all we can say is this: stack the deck of cards in the patient's favor. Get him to load up on the fresh vegetation, especially fruit, get his omega oils balanced.

In other words, get him to change his way of life to the one we say. It is possible that the body's immense powers of recuperation will, given the tools to do the job, improve his condition. Let us know -- we need some controlled studies in this field.

Q & A Next Month

- Our take on Raw Foodism
- Americanizing Britishisms
- New queries of the month

News Shorts

Bitter Chocolate Best

A number of studies show that micronutrients known as flavonols in cocoa beans play an important part in human health. They have a bitter taste however, and chocolate manufacturers have spent years getting rid of the pungent flavor. (See Bitterness is not all Bad, this page.)

Now, in studies sponsored by confectionary giant, Mars, the researchers Norm Hollenberg and Carl Keen find that they can artificially fabricate the flavonols. The idea is to franchise the method to pharmaceutical companies.

Better, you could train your palate to like dark, bitter, chocolate. It needs to have a cocoa content of at least 75%. The American market is still devoid of it. The darkest chocolate in the Hershey range has just been

launched as its Extra Dark bar: it still only contains a paltry 60% cocoa solids. The closest to the ideal is Neuhaus, a Belgian chocolate maker in Washington Union station, with a chocolate containing 73% cocoa.

Our View? There are many brands of chocolate in Europe with cocoa solid contents up to 85%. Slowly suck a couple of squares (¼ bar) of these as a pleasant end to a meal. But be firm! Put the rest of the bar back in the cupboard ready for tomorrow's dessert.

Or, of course, you will get the same flavonols by just continuing to eat your fruit and vegetation in the usual way.

Non-Epidemic of Melanoma

Diagnoses of melanoma are double what they were in 1986. Many dermatologists believe that skin cancer is becoming more common; others say that it is, rather, a skin-screening epidemic. They base their reasoning on the fact that the death rate has not increased at all. Many scientists agree with these studies¹¹ and argue that dermatologists diagnose melanoma too freely and removing innocuous moles.

Our View? The reason we cite these studies is simply this: there is an irrational fear now of sunlight. Sunlight is an essential feature of a healthy lifestyle¹². Be sensible, just avoid burning.

Fascinating and Important

Healthy Colon Briefing (2)

Last month we looked at how our colons, if they are functioning correctly, contain a veritable herb garden of organisms ("biomass") that are helpful to the body.

We have discovered in the last few years that we should consider this biomass an important organ. The French gut specialist and researcher, M. C. Moreau¹³ says that the mucus membrane lining the gut is the largest immunological organ of the body. Remarkably, these gut organisms communicate with the immune system, a phenomenon known as "cross-talk".

For example, lymphocytes are white blood cells of the immune system; they do not mature and work properly unless the colon flora stimulates them.

In another example, food "antigens" are compounds that attack the immune system (antigens that cause an allergic reaction are called allergens). Skirmishes between the immune system and antigens play a significant role in the healthy development of the immune system.

For the colon and its cargo of flora to have good health, it needs to be fed with plant fiber. Let us be clear: we are talking here about 'viscous' (soluble) fibers with names such as pectin, guar gum and beta-glucan. These are the building materials of plant cell walls.

We are not talking about insoluble fiber as found in cereal brans (a partial exception is oat bran). The San Bushmen researcher, Dr. Stewart Truswell¹⁴ reports on the many benefits conferred by a high intake of viscous fiber from plants. It has a lowering effect on "bad" LDL cholesterol levels (oat bran has a smaller effect). Viscous fiber reduces pre-cancerous cells in the bowel and reduces free radical damage.

The benefit is a much-reduced risk of colon cancer. Bowel movements are more massive and they pass more quickly through the system: constipation is eliminated and diverticuloses (abnormal grape-size ballooning in the gut wall) are avoided.

Continued Next Month

Jungle Lore

Dr. Günter Nöll is an authority on the use of wild plants as food. Here he continues his thoughts on bitterness in plants. We have only lightly edited Dr. Nöll's English.

Bitterness is not all Bad (2)

by Dr. Gunter Noll
xanadu.guenoe@kabsi.at

Last month Dr. Nöll observed that bitterness is usually a poison signal. However, since ancient times a second class of bitter substances, which is in contrast health-giving, has been recognized.

Herbal medicine distinguishes three major groups of useful bitter constituents in plants:

1. "Plain" bitter substances called Amara tonica. They induce secretion of saliva and of gastric juices, so helping digestion. Moreover they act as invigorating tonics. (A good

stomach feeling is a prerequisite of feeling good as a whole!) You have them in all bitters and digestives. Good examples are gentian, centaurium etc., the relevant substances being "erythrocentaurine" (a glycoside) and "gentianine". Others are "humulone", "lupulone", "arnicine" etc. These substances are given to convalescents, the nervously exhausted and anemic people.

2. "Aromatic" bitter constituents called Amara aromatica. They also comprise aromatic or "etheric" oils. Therefore they have not only the above mentioned effect but, in addition, they activate liver and gallbladder. Two examples: mugwort (for good reason traditionally served with fat roast goose or duck) -- and wormwood.

The active substances are "artemisin" (now used as an antimalarial in Africa) and "absinthin". Etheric oils are also antiseptic and antiparasitic. Physicians use these herbs when unwanted fermentation processes are induced by bacteria in the intestines.

Next Month: 3. "Strong" bitters.

Child Rearing Hints

Saturday Morning Commercials

90 % of food commercials screened among the Saturday morning children's cartoons are for products of low nutritional value such as sugary cereals, candy and fast food.

In the grocery store that afternoon, your child will be pestering you for junk food items. This is the "pester power" so eagerly sought after by the advertisers. This is where you have to be strong and buy only those items you feel good about putting in your child's body. In the meantime, quietly curse the politicians who refuse to ban such advertising to children.

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Food Politics

USDA Whistleblower

-- cattlemen rightly believed consumers would associate red with "stop!", "danger!", bad fat and red meat.

In a last ditch attempt to save the pyramid, Dr. Light protested the changes and explained the revised guidelines could lead to an epidemic of obesity and diabetes. Her lone cries were unheard.

Later, Dr. Light discovered the wholesale changes made to the guide were calculated simply to win the approval of the food industry.

Continued next month

Facts and Fallacy

Harmless Homeopathy

Now a study in the Lancet¹⁵ says that the time for studies is over. Doctors should be bold and honest with patients about homeopathy's lack of benefit. A comprehensive review of 110 tightly controlled trials showed that homeopathy treatment had no greater benefit than a placebo.

The idea of homeopathy was invented by the German physician Samuel Hahnemann in 1796. He theorized that since drugs make you sick the stronger the dose, then the opposite should apply. Hahnemann believed (without any proof) that the weaker the dose the more good the drug would do.

Compared to the positively harmful "cures" of the day, like bleeding and purging, homeopathy certainly achieved successes -- chiefly by observing Hippocrates dictum: "first the physician should do no harm".

Our View? We go with Hippocrates. For trivial complaints, (and many non-trivial ones) modern medications are often worse than the cure. If it makes you feel better, medicate with a harmless, albeit ineffective, homeopathic potion.

Upcoming Private Events

Over the next few months, Geoff will be speaking to private audiences in London, Paris and Cyprus. Those attending are invited to contact us if they wish for more details.

Upcoming Public Events (USA)

Geoff Bond is keynote speaker at:
 3rd 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
 Annenberg Center for Health Sciences at
 Eisenhower Hospital
Rancho Mirage, CA, USA
Entry gift: prepaid \$20, Door \$25.

- 1 Wrangham & Petersen; Demonic Males; Boston. Houghton Mifflin; 1996
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- 3 Adverse Effects of Soy Infant feeding; Irvine et al; N Z Med J. May 24 1995
- 4 A Gut Feeling - Junk Foods Grow Bad Bacteria; Vines; New Scientist; Aug 8 1998
- 5 Gwee, K A; Neurogastroenterol Motil. 2005 Jun;17(3):317-24.
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- 7 Cook, D; Thorax (1997;52:628-633)
- 8 Thorax; Feb 05 2000
- 9 Tabak, C; Thorax; October 1999
- 10 Am. Thoracic Society Conf. May 2001
- 11 Skin biopsy rates and incidence of melanoma; H Gilbert Welch; BMJ, doi: 10.1136/bmj.38516.649537.E0 (4 August 2005)
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- 15 Shang A; Are the clinical effects of homoeopathy placebo effects?; Lancet. 2005 Aug 27-Sep 2;366(9487):726-32.

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