

NATURAL EATING NATURAL EATING NATURAL EATING

The Science and Art of feeding ourselves the way Nature intended

The Science of the feeding pattern that is right for the human species;
The Art of applying this knowledge in today's world

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

Human Heritage: Policing the Forager Band. **Legacy Foods:** Medlar Fruit. **Food Policy:** Soy Health Claims Nixed. **Quotation:** Manipulating the Masses' Mass. **Recipe:** Onion Indulgence. **Q&A:** Osteoporosis Drugs; Daily Protein Intake; Weaning from Dairy Products; Goats' Milk; Conserving Fish Oil. **Letters:** Natural Eating – Humbug-Free Information; Vegetable Soup Safely Cooked. **Editorial:** Humbug-free Information. **Hints & Tips:** Eggs – Keep Cool not Cold; Eggs – Cage-free. **Human Nature:** Cheats – Revenge or Compassion. **Being Human:** Exercise adds 3 Years of Life.

Human Heritage

Policing the Forager Band

What happens in a forager band when someone cheats or misbehaves? There is no appeal to an outside police force. Evolution programmed human brains with a suite of behaviors which give optimum chance of survival for the band.

We have paraphrased the following from Geoff Bond's forthcoming book.

... The forager band had a body of unspoken laws. The band members were constantly juggling self-interest, gift-giving, obligation, jealous watchfulness and anger with a fear of hostility and rejection.

In modern foragers like the San Bushmen, wrongdoing is not always what might be expected. They don't think lying is particularly bad. Stealing is so certain of discovery that it rarely happened: "it would only lead to trouble¹."

On the other hand, breaking of respect for ownership of a resource is severely sanctioned. The furious "owner" killed the man who took honey from the tree where he, as "finder", had made his mark.

Other vendettas and disputes have arisen over the share of a major kill. There are no formal institutions for enforcing rules, contracts or obligations, so individuals or little groups have to take matters into their own hands. Squabbles break out for all kinds of reasons but they have to find ways to resolve them internally.

We now understand that human society (and even chimpanzee society) operates on a transactional basis.

Continued: Page 4

Legacy Foods

Medlar Fruit



In our Newsletter of October 2000, we lamented the disappearance of so many wild plants from our food supply. The reason is not hard to find: they do not lend themselves to mass production techniques.

The same goes for many fruits. One such is the medlar. It was popular with the Greeks and Romans who made sure they had supplies throughout their empires.

However the medlar is not on any agro-industrialist's list. The reason? It does not keep well. In fact it passes from a bitter ripeness to decay in a few days. It is best eaten when it has rotted for a while. This property was very familiar with ancient English writers -- who clearly expected their audiences to be familiar with it too:

"... for you'll be rotten ere you be half ripe, and that's the right virtue of the medlar²." - Shakespeare

"That same fruit is ever longer worse, Till it be rotten³." - Chaucer.

The picture shows a Japanese variety called "loquat" which can be eaten fully ripe just as you see it. Here in Cyprus it grows in the hedgerows and the farmer's markets regularly carry supplies. **Cont. p 4.**

Food Policy

Soy Health Claims Nixed

In 1999 the FDA (Federal Drugs Administration) allowed manufacturers to claim that soy products might cut the risk of heart disease. A year later, the Heart Association recommended that soy be included in the diet.

But as more research emerged, the American Heart Association decided to review decades of studies.

Their panel concluded that soy did not reduce cholesterol, symptoms of menopause (such as "hot flashes"), breast cancer, uterus cancer, prostate cancer, or postmenopausal bone loss⁴. Based on its findings, the committee said it would not recommend using soy isoflavone supplements in food or pills.

"We don't want to lull people into a false sense of security that by eating soy they can solve their health problems", says Dr. Michael Crawford, chief cardiologist, University of California San Francisco Medical Center.

Our View? So much for demolishing the health claims. As our readers know, we go one step further and regularly publicize the harmful aspects of soy – as we will summarize again next month.

Next month: The Trouble with Soy

Quotation

Manipulating the Masses' Mass

"It's tempting to blame big food companies for America's obesity problem. They've spent billions keeping their products ever on our minds and in our mouths. Personal responsibility has limits in the face of a multibillion-dollar marketing whirlwind pushing countless high-calorie treats. They are putting \$36 billion into directing those choices, and their methods are very effective." *Marion Nestle, nutrition professor, New York University.*

Recipes

Onion Indulgence

YYYYY

Ingredients:

- 2 packets (10 oz, 280 g each) frozen pearl (cocktail) onions
- 2 oz (55 g) raisins, washed
- 1 T. coriander seeds
- 4 T. white wine
- 1 T. tomato paste
- 2 T. balsamic vinegar
- 2 T. olive oil
- 1 T. fructose
- $\frac{1}{2}$ tsp. turmeric
- salt to taste
- fresh-ground black pepper

Method:

In a large frying pan spread out the frozen onions in a single layer. Sprinkle with the raisins and coriander seeds and start heating the onion on medium heat.

In the meantime mix the wine with the tomato paste. Add all the remaining ingredients and mix well. Pour the mixture over the onions. Bring slowly to a boil.

Simmer covered for approx. 40 minutes, or until the onions are cooked, but still slightly crunchy.

Comment:

Onions are a wonderful, nourishing supervegetable. This is an interesting way of preparing them with a sweet taste.

This dish is great as a kind of relish to serve with other vegetable dishes or with concentrated foods, such as the olive cake (see 'Healthy Cooking with the Bond Girl' - now downloadable from www.naturaleater.com)

Unlike conventional relishes, this dish can be eaten freely. The small amount of raisins gives taste and some sweetness without increasing glycemic power significantly.

Questions

Osteoporosis drugs

Q. *My doctor says I must take calcium tablets to ward off osteoporosis. On the other hand my x-rays show calcium deposits. What to do? I am supposed to take Actonel (risedronate sodium) once a week. Do you know anything about this tablet?*

A. You've got calcium deposits? That means you already have plenty of calcium in the body – it's just in the wrong place. Actonel is a drug that slows down bone remodeling. In particular it puts a brake on the bone-removing action of osteoclasts. Whilst this might sound like a good idea, it does nothing about why your body is not building that spare calcium into bone.

To fix that you have to get all the factors of lifestyle into place that are deregulating healthy bone remodeling. See pages 145 – 150 of the Natural Eating Book!

Bone demineralization is a lifestyle disease. Trying to fix it with drugs is a cop out – and does not deal with the root cause. Moreover, Actonel is not without drawbacks: it has a long list of contraindications (see <http://www.actonel.com/index.jsp>)

Daily Protein Intake

Q. *What do you think the daily protein intake should be (in grams) - 'they' say for females 30-50g?*

A. Much of our protein intake is hidden. If you are following the Natural Eating precepts, you will be obtaining protein even from salads and vegetables. A 2lb assortment will yield some 15 grams, and quite a bit more if there is a focus on protein-rich vegetables such as Brussels sprouts and broccoli. Protein-rich foods actually contain only 25% protein on average.

We are against trying to micromanage your nutrient intakes – it is just impossible to second-guess everything that is going on. In the case of protein it is just as important to avoid consuming too much as too little.

However, to answer your question, a sedentary human needs about half a gram of protein per pound of lean body mass. So if you weigh 150 lb and you have 20% body fat, then

your lean mass is 120 lb (80% of 150).

Taking the figure of 120 lb at the rate of half a gram per lb makes 60 grams of protein to be consumed.

However, that is not the whole story. The more active you are, the more muscle protein needs to be replaced. If you are moderately active, (vigorous exercising 1 hour per day, 5 days a week) that figure should be increased by 50% to 90 grams. If you are a heavily trained athlete, then the 60 grams should be doubled to 120 grams per day.

Analysis Paralysis

Now you see why we say how hard it is to second guess everything? We just want you to follow the Natural Eating pattern and all these matters should work out just right. That will also avoid your concentrating the intake of protein-rich foods in just one meal.

Weaning from Dairy Products

Q. *My wife has stopped breast feeding our one-year old son. How soon can she stop giving dairy milk?*

A. Right now! Our Pleistocene past programmed babies' bodies to be progressively weaned off human milk up to the age of about four years old.

There are many compounds in milk from other creatures that babies' bodies don't handle too well. That is why cows' milk formula has got a bad reputation. So the short answer is: don't even start!

The reverse of the coin is that she can continue with a good quality formula milk. In America you have to be careful to avoid soy-based formula milks. Most other countries ban them because of their harmful effect on babies' health. [Next month we explain why in The Trouble with Soy]

Nutramigen is an example of one formula milk that is both soy-free and cow's milk free.

However, in our view, all this is optional from the age of about 12 months. Simply move onto solids – puréed as necessary, and use plain water as a drink.

Goat's Milk

Q. *How about goats' milk? I really love my goat yogurt.*

A. Why especially goat's milk? Why not donkey milk, sheep milk or even human milk? This is just another fad.

All milks without exception are unfit for humans (or any other weaned mammal) to be consuming – even human milk is no good for non-babies.

With that blanket condemnation, let us put goat's milk under the microscope.

The main thing to note is that goat's milk is much more like cow's milk than it is like human milk.

These are the main interesting ingredients:

Calcium:	mg/100ml
Human milk:	33
Goat's milk :	130
Cow's milk	125

Casein ('bad' protein):	g/100ml
Human milk:	0.4
Goat's milk:	2.5
Cow's milk:	2.8

Saturated Fat (palmitic acid)	g/100ml
Human milk:	22.6
Goat's milk:	28.9
Cow's milk:	26.3

Lactose: ("Bad" sugar)	g/100ml
Human milk:	7.0
Goat's milk:	4.7
Cow's milk:	4.8

So with the exception of lactose, humans are less worse off consuming human milk than either cow's or goat's milk.

But we balk at drinking human milk – and with good reason. Weaned humans simply don't have the digestive apparatus, biochemistry or nutritional needs for the consumption of all those bad ingredients: casein, lactose, and palmitic acid.

Give milk from any source, (and its products) a wide berth.

Conserving Fish Oil

Q. *Is the fish oil in canned fish all right, or does it deteriorate?*

A. The short answer is that fish oils, namely DHA and EPA, are quite stable and survive canning and

cooking very well.

A number of studies have examined this very question. They looked at canned fish of various kinds and examined those that also employed heat treatment.

They found that the oils did not oxidize and concluded that "canned cod liver [for example] is a very good source of omega-3 oil, particularly with respect to DHA". Furthermore, the tiny quantities of "oxidation products in the canned products tested remain at a level producing no perceivable health hazard".⁵

This is comforting news, because we cannot always use fresh fish and anyway, we are always going to cook it.

Letters

We receive many emails from readers. We might edit them for readability and space. Please indicate if you do not wish to be identified.

N.E: Humbug-free Information

The magazines Food & Drink, Good Food, Healthy Eating, The Diner, Vegetarian ... are all well produced and at times fairly informative. BUT is the flimsy information that they publish concerning nutritional values and dietary requirements enough? ...

Of course it isn't. They all offer some alternative so called 'healthy option' recipes which, if you read them carefully, still often contain ingredients that are anything but healthy.

So where can we go for factual, sound, competent, and non commercially based guidance about the food we eat? Where on even the best stocked newsagents shelves do we find publications that offer such advice and information? ... Well try as you might, you won't -- and believe me -- I've tried.

Even as a retired journalist I've done what all we 'journos' do when we want some reference or another. We scan the 'International Publications Directory'.. But between 'The Astronomer' and 'Zoological Monthly' I haven't to date found anything of use there either.

Enter and take a big bow Natural Eater - you deserve to. Your constantly updated information by way of a monthly online newsletter is fascinating. It is extremely helpful in

guiding us through the minefield of nutritional claims made by food manufacturers. And at times even shocking.

Your publication is unique and an oasis in a desert of food misinformation - Keep it coming.
Chris Parsons OBE

See also our Editorial, this page
Vegetable Soup Safely Cooked

I have found a great book called Soup Alive!, written by a cancer survivor named Eleanor Rosenast⁶. Her goal is to preserve as much of the enzymes and nutritional content in the vegetables as possible. She therefore processes them in a blender and then adds them to the stock. The heat never gets above a simmer.

I've made a curry-flavored spinach, apple, and almond butter soup (YUM!). It is delicious.
Julie Tenenbaum

Thanks for letting us know about the cookbook, Julie. The principle is sound: if you must cook then keep temperatures low and cooking time short.

Editorial

Humbug-free Information

Chris Parson's letter (this page) raises a fundamental point. All commercially available sources of nutritional information are tainted.

Food magazines get their money from advertisers. What do they advertise? Mostly high mark-up supplements, manufactured fake food, quack remedies and expensive gadgets.

Editors of such magazines cannot afford to upset their advertisers. So their editorial matter is at best bland, uncontroversial and meaningless. At worst, it is deceptive, misinforming and platitudinous humbug.

We know to our cost. In the early days we tried submitting articles to such magazines. They were universally rejected -- on the grounds that they "do not fit editorial policy".

That is why this newsletter takes no advertising. We cannot afford to distort our remarks or worse, tell lies, at the behest of paymasters.

Until we find an altruistic benefactor, that is why we have to charge com-

* Docosahexaenoic acid and Eicosapentaenoic acid respectively.

paratively high subscriptions just to cover our costs.

Hints and Tips

Eggs: Keep Cool not Cold

Most people don't understand that you don't need to refrigerate eggs. They can easily last several weeks unrefrigerated. They taste and cook better too.

Eggs: Cage-free

Caged battery egg-laying hens are cramped into a space about 3/4 the size of a sheet of notebook paper.

Organic, cage-free eggs are an incredible source of high-quality nutrients. They cost more but it is well worth it. They are not only healthier, their production is more humane.

Many businesses such as America Online, have converted their can-tees to the use of cage-free eggs.

Human Nature

Cheats:

Revenge or Compassion?

What do you feel when a movie villain is blown away or a queue jumper gets a ticket? It probably depends on whether you are a man or a woman.

When cheaters get their comeuppance men feel pleasure, women feel sorry for them. So finds a study led by Tania Singer at London's University College⁷. Reward areas in the brains of male volunteers -- the same areas that delight in food, drugs or sex -- lit up when cheaters were given jolts of pain. The revenge effect did not surface in the brains of female volunteers, in fact they felt sympathy for the cheaters' pain.

The researchers suggest that empathy and its opposite probably both

fulfill an evolutionary function important to early human survival.

Our View? This is an interesting twist on the "social feelings" that we talk about in the segment "Policing the Forager Band" (page 1). Men were the "enforcers" in our Pleistocene past. The women would have seen men who felt "empathy" for cheaters as effeminate losers. Not good mates and so less likely to get their genes into the next generation.

Being Human

Exercise Adds 3 Years to Life

People can add three years to their life from something as simple as brisk walking a half-hour every day⁸.

One of the study's most important findings was that people actually walked a lot less than they thought. On average, where they were supposed to walk 150 minutes a week they were actually walking only 90 minutes a week -- yet were still achieving the health benefits.

Moral? Aim high: to exercise every day and you'll probably do four or five days. In the terms of this study, that already achieves significant benefits. Of course, compared to our naturally adapted exercise pattern, this is still a pitifully low target. (See Natural Eating Book, Chapter 11)

From Page 1

Human Heritage

Policing the Forager Band

... Favors are given and received, deals are done. The society can only function if these understandings operate properly. In this way, nature programmed all creatures that have to live in social groups such as

chimpanzees, wolves and humans with social "feelings".

We feel these as emotions such as: obligation to someone for a favor received; rightful dues for favors given; outrage against cheating and injustice; revenge against cheaters; retribution to redress a wrong.

People ("grudgers") who are emotionally driven to retaliate against those who cross them, even at a cost to themselves, are more credible adversaries and less likely to be exploited in the future...

All this adds up to saying that we cannot take social emotions in isolation. In modern foragers, the San Bushmen have not been observed to show much gratuitous kindness, or genuine generosity⁹.

Western society sees kindness and generosity as "desirable" behaviors and tries to inculcate them into children at an early age. However, they need to be balanced by feelings of outrage and revenge on cheats who would exploit them.

Next month: *How alpha-male monkey "enforcers" maintain social cohesion of their troupe.*

Legacy Foods

Medlar Fruit

The fruits look like a yellow green-gage. Inside they have large, shiny brown seeds like overgrown apple pips. The fruits actually decay on the tree. Then they are good to eat -- they have a sweet/tart taste.

Upcoming Private Events

Geoff will be speaking to private audiences in London and Cyprus. Those attending can contact us for more details.

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