

## 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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#### Human Heritage

##### The Trouble with Soy (1)

Marketing men have indoctrinated the public into thinking soy is a good thing (see "Extraordinary Popular Delusions", this page), so it is hard to remain steadfast in opposition. Here we start an extract adapted from Geoff's forthcoming book.

Beans are not human food and the soy bean is no exception. It is loaded with antinutrients with names like genistein, daidzein, trypsin inhibitors, allergens, and phytoestrogens. The wonders of marketing have turned these drawbacks into advantages: women are sold soy as a remedy for female conditions such as hot flashes and PMS. It is even sold as having anti-cancer properties when in fact it increases the risk of uterine cancer<sup>1</sup> and breast cancer<sup>2,3,4</sup>.

Soy gives you allergies: Researchers have identified over 16 allergens, of which at least three they class as "severe."<sup>5, 6</sup> Soy's antinutrients genistein and daidzein attack the thyroid, which can lead to goiter and, in extreme cases, thyroid cancer<sup>7</sup>.

Soy gives you brain atrophy: the more people eat soy bean curds (tofu), for example, the more likely they are to have senile dementia in later life. Dr. Lon White studied Japanese Americans in Hawaii and found that consumption of only two portions of tofu a week raises the chances of getting dementia by 50% compared to those who consume no tofu at all.<sup>8</sup> Tofu-gorging Okinawans, renowned for their long, healthy lives, nevertheless suffer double the risk of dementia in old age compared to other Japanese<sup>9</sup>.

**Next Month:** Soy sauce and more.

#### Human Nature

##### How to Spot a Rich Guy



(Photo: courtesy Dickson Buxton)

The stereotype is well founded. Over the eons of evolutionary history, genes have spread better if they were sitting in women who were good at securing a man who would provide protection and security. This, in ancient forager tribes, meant finding a man with status.

In today's world, riches stand as a proxy for status. Surveys uniformly confirm that women are genetically attracted to power and wealth in a man. In contrast, men seek fertility (as detected by physical attractiveness – News: Nov 2005).

However, no longer. Women's lib has altered this natural balance according to a study by Fhionna Moore and colleagues at St Andrews University, UK<sup>10</sup>. Today, many women have a decent independent income. Such women tend to rate physical attractiveness in a man more highly than financial security.

##### How to Spot Father Material

Other experiments find that women use masculine features as a guide to genetic quality<sup>11</sup>. When at their most fertile, they are particularly attracted to men with features such as strong jaws. **Continued: Page 4**

#### Chuckle With Message

##### Woman's Annual Physical Exam

I went to the doctor for my yearly physical. The nurse starts with the basics.

"How much do you weigh?" she asks. "140 lb," I say.

The nurse puts me on the scale.

It turns out my weight is 165 lb.

The nurse asks, "Your height?"

"5 foot 8," I say.

The nurse checks and sees that I only measure 5' -3". She then takes my blood pressure and tells me it is very high.

"Of course it's high!" I scream, "When I came in here I was tall and slender! Now I'm short and fat!"

*This chuckle works because we recognize how we shy away from uncomfortable truths about ourselves. This denial plays right into the following article...*

##### Obese People don't Know It

Obese people have a blind spot when it comes to their own weight problem, according to a new study's findings that only 15 percent of obese people realized they were obese<sup>12</sup>.

**Continued: page 4**

#### Quote of the Month

##### Extraordinary Popular Delusions

"There is no opinion, however absurd, which men will not readily embrace as soon as they can be brought to the conviction that it is generally adopted."

*Schopenhauer, 1788 – 1860. German philosopher.*

**See:** The Trouble with Soy, this page.

## Recipes

### Strawberry Mousse

YYYYY

serves 4-6

#### Ingredients:

- 1 lb. (455 g) strawberries, frozen
- 2 tablesp. seaweed gel
- 3 egg whites, high omega 3, free-range
- 5 tablesp. fructose
- ½ teasp. lemon

#### Method:

Set aside 3 whole strawberries for decoration. Cut them in half.

Defrost the remaining strawberries in a bowl, to save all of their juice.

Purée the strawberries and their juice in a blender.

Take 8 tablespoons of the puree and bring to a boil in a small pan.

Add the seaweed gel flakes and bring to a boil, following the instructions on the packet.

Stir this mixture into the strawberry puree and mix well.

Stir in the fructose and lemon juice.

In the meantime beat the egg whites, until stiff.

Add the egg whites to the strawberry puree.

Divide mixture equally among 4 or 6 dessert glasses.

Top each serving with a half strawberry.

Cover and refrigerate until set (at least 4 hours), or until next day.

#### Comment:

All the ingredients are conforming. Just go easy on the quantities - it is not good to overdose on fructose.

You can also make this dessert with fresh strawberries. But note that frozen fruits tend to be more juicy.

You can find seaweed gel (e.g. Agar Agar") in every Health Food Store.

## Questions

### Gout

**Q.** *My friend is in great pain with gout. He says he eats healthily and doesn't drink. He is slim and looks fit. He does not want to take the medicine prescribed by the doctor. Do you have any advice?*

**A.** We do. Gout is a kind of arthritis and is closely linked to prosperous eating habits. The incidence of gout has doubled in the USA in the last twenty years<sup>13</sup>.

Your friend should avoid the dietary errors that promote arthritis, inflammation and swelling. He should focus on:

Good fat profile: eliminate saturated fats, hydrogenated fats, trans fats and severely reducing omega-6 oils (sunflower, corn, peanut etc...). Boost consumption of omega-3 oils, particularly oily fish (salmon, sardine, mackerel etc...)

Avoid insulin rush diet: cut out ALL starches and sugars.

Avoid high allergen diet: eliminate grains and dairy products.

In contrast, researchers find that a diet rich in fruit, salads and vegetables (rich in folate, fiber and vitamin C) is protective against gout<sup>14</sup>.

On the other hand, scientists definitely link gout to excess consumption of alcohol, high blood pressure and porkiness.

All this we summarize in the Natural Eating Book page 156.

Finally a word about the conventional wisdom. Medical science focuses on the presence of uric acid crystals in the joint. So MD's prescribe medications to reduce them. Sometimes they suggest eating foods low in uric acid – which means going easy on meat, seafood and oily fish (really!).

We don't buy that: the uric acid is just the symptom of something more fundamental going wrong.

The only true way to be gout-free is to live like any ancient, gout-free forager – just like we say.

### Food as Conviviality

**Q.** *How can we enjoy the role of food in culture and as a means of celebration without harming ourselves in the longer term ?*

**A.** This is a very intriguing question. To find clues to the answer we need to look at the role of food in ancient Pleistocene society.

Let us remember that, on the whole, food was bland and scarce. There was the regular highlight when a hunter brought in his kill and he ritually shared it out. On a few occasions in the year there would be a meeting of the clans at some place expected to be rich in game. These were times of feasting and excess. Aborigines called them "corroborees".

How do we recreate this in today's world? The trick is to create contrast between "normal" eating, "special" eating and "celebratory" eating.

Be a Natural Eating purist most of the time. Eat frugally too. Have at least one mealtime a day with the whole family where conviviality and discussion can take place.

A few times a week have "luxury" – but conforming foods such as smoked salmon, quails eggs or whatever takes your fancy.

Finally, a few times a year our common feasts such as Thanksgiving, Christmas, Birthdays and Anniversaries can be our "corroborees". Our ancient ancestors would still have been eating conforming food – just pigging out on it. This is the time when you can lapse: Christmas pudding and custard, pumpkin pie and fresh cream and so on. Just keep it under control! Don't these things become a common feature of your diet. Always do it in convivial company.

### Endurance Energy Bars

**Q.** *I am 63 and training for an endurance bicycle tour. I am riding in excess of 170 miles per week with rides of 70+ miles. I am trying to figure out the best diet to support this type of endurance athletics. What are your thoughts on the various energy bars (such as "Cliff" bars), electrolyte replacement drinks, and energy gels ("Hammer Gel"), etc. This seems to be a big and probably overhyped business.*

**A.** You are right, all those energy bars and suchlike are just hokum. Worse, they are encouraging the intake of harmful glycemic products. We give an overview of sports nutri-

tion in the Natural Eating Book, page 186.

In highly competitive environments, sportsmen will do anything to win. That includes putting their health at risk with carbohydrate loading and even drugs. We have nothing to say to them.

On the other hand, for recreation sportsmen, the choices are easy. Just follow the Natural Eating principles. You might have to boost your calorie intake a little bit, so focus on an increase of fats – chiefly omega-3 oils in fatty fish and in nuts. We even have Ironman Triathletes who follow these precepts with great success.

### Letters

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

#### Yogurt, Pizza, Gender Politics.

"A very interesting newsletter [March 2006] especially the explanation about yoghurt, which I'm sure I have read in one of your other letters - just made more sense to me this time.

"I am going to try Nicole's Pizza with my grandchildren Alexander and Alysia as they are coming to stay for a couple of days.

"A fascinating article on why women need men - look forward to your book where you explore the matter in greater depth. I can certainly give some answers socially speaking. A woman has to get far more aggressive when arguing a point. For example controversy in the supermarket -- or fighting workmen to carry out houses repairs correctly. "Hundreds of such examples are obvious. So why is the world still more willing to listen to a man?

"When can we buy your new book? Please tell the publisher that some of us in the UK are waiting expectantly.

"Many thanks for this fascinating Newsletter."

Jennifer Powell, London, UK.

### Being Human

*Do you ever wonder what government does with your tax dollars? Listen to what the Scots get...*

#### Defecation Dynamics

A National Health Service trust in Dundee, Scotland, has issued a four-page leaflet entitled Good Defe-

cation Dynamics. It comes with explanatory pictures, and contains advice such as: "When you sit on the toilet make sure your feet are well supported"; "Do not slump down but keep the normal curve in your back"; and finally, "Don't forget to breathe." (*The Week, May 6, 2006*)

**Our View?** Defecation is never a problem when you live life the Savanna Model way. But there is one detail worth thinking about. For millions of years our ancestors' position was to squat low on their haunches. This is the ideal, says authority on Primal Pattern® Movements, Paul Chek, ([www.chekinstitute.com](http://www.chekinstitute.com)).

### Food Policy

#### Aspartame Cancer Clearance

A huge federal study looked at the diets of half a million older Americans and found no increased risk of cancer with high Aspartame consumption<sup>15</sup>.

Michael Jacobson, head of the consumer protection lobby Center for Science in the Public Interest, praised the study, "It was done by reputable researchers independent of any funding or ties to industry groups. It goes a fair way toward allaying concerns about aspartame"

**Our View?** If you have to choose the better of two evils, then artificial sweeteners win easily over sugar every time.

As for Aspartame, urban legend would have us believe that people are dropping like flies from a plethora of diseases ranging from multiple sclerosis to brain cancer.

The reality is different. It is possible that a few individuals might have a bad reaction to Aspartame – just as some might from a vitamin pill. But if they do, the numbers are small enough not to be detected by routine screening – or litigious personal injury attorneys!

### Human Food

#### Eggs are Great Human Food

Eggs have been a common feature of the human diet for the whole of the Pleistocene epoch. Foragers right up to present times seized eagerly on eggs as an easy source of food. The San Bushmen eat the eggs of ostrich, bustard, francolin and any others they can get their

hands on. Australian Aborigines would wait for migrating geese to arrive and spend weeks gorging only on their eggs.

We have always argued that eggs are a normal, even essential part of the human diet. So what about their cholesterol content? No problem. Cholesterol is something the body takes, makes or leaves according to its need – under one condition – that the body is getting the right signals from a Savanna Model lifestyle.

Yet another study confirms this<sup>16</sup>. When people ate three or more eggs per day most of them had no increase in cholesterol. In those who had increased cholesterol levels, the type of cholesterol was significantly different.

#### Multiple Personality Cholesterol

Cholesterol is packaged in a variety of parcels called lipoproteins. We are familiar with the idea that "low density lipoprotein" (LDL) is somehow bad and "high density lipoprotein" (HDL) is somehow good

However, each of these types comes in different sized packages -- each of which can be "good" or "bad". The researchers charge that this vital factor is ignored by traditional medical practice.

The researchers found that the LDL and HDL packages were of an unusually large variety (see sidebar above). That's important because large LDL's do not enter artery walls and lay down plaque. Similarly, larger HDL's are supremely efficient at removing cholesterol from the blood.

In fact, according to the researchers, most people's bodies handle the cholesterol from eggs in a way that is least likely to harm the heart.

The study also looked at two beneficial micronutrients in eggs, lutein and zeaxanthin. They give the yolk its color and help calm any inflammation in the arteries. The researchers suggest (not entirely tongue in cheek) that doctors might one day prescribe eggs to *prevent* heart disease!

This study chimes with earlier ones. One showed that those who ate more than one egg per day had no ill effects<sup>17</sup>. Another had the remarkable conclusion that those who ate



more than four eggs a week had lower cholesterol than those who ate none<sup>18</sup>.

**Our View?** Eat eggs whenever you like with a clear conscience. Make sure they are free-range, omega-3 rich ones.

### Food/Disease Links

#### Obesity/Prostate Cancer

Dr Stephen Freedland, of Duke University Medical Center, finds that obese men are more likely to die of prostate cancer – mainly because doctors find it harder to make an early diagnosis in fat people<sup>19</sup>.

#### Menopausal Dry Eye/Omega-6

Dry-eye has symptoms such as pain, irritation, dryness, and a sandy/gritty sensation. Dr. Biljana Miljanovic of Brigham Young University finds that dry-eye in women 45 years and older is worsened by intake of omega-6 oils and improved by intake of omega-3 oils<sup>20</sup>.

Same message: drive down intake of omega-6 oils, boost omega-3.

### Human Society

#### Alpha-Male Police

Last month we featured "Policing the Forager Band" – How is order maintained where there is no police force? Here we learn lessons from how alpha-male monkey "enforcers" maintain social cohesion of their troupe.

Human societies rapidly descend into anarchy and chaos without policing. Now, researchers have found that the same thing happens when groups of monkeys are left to their own devices instead of being policed by dominant males<sup>21</sup>.

In groups of macaque monkeys, dominant males keep order through a form of policing. As they patrol the troupe, they receive peaceful "bared teeth" signals from subordinate monkeys. The "police" macaques often intervene to defuse scuffles before they can escalate.

Jessica Flack of the Santa Fe Institute temporarily removed three of four dominant males from a group of 84 macaques.

Group cohesion rapidly began to disintegrate. Cliques formed and social networks broke down. The amount of violence escalated.

"In our macaques, a few individuals were disproportionately powerful and used force successfully," says Flack. "An important implication is this feedback between power structure and social network structure".

**Our View?** We let eminent primatologist, Frans de Waal speak for us: "We tend to associate power with privilege, but both in human and animal society it also entails a constructive contribution, or at least ought to. Through their stabilising

presence and active peacekeeping, the dominant males contribute to a more cooperative society."

### From Page 1

#### Chuckle With Message

#### Obese People Don't Know It

Dr Kimberly Truesdale asked the volunteers what they thought their heights and weights were. Then they actually measured the volunteers.

Normal-weight individuals tended to think they were overweight, and overweight people tended to think they were normal weight. The real disconnect occurred among obese volunteers, 85% of whom did not realize they were obese.

Furthermore, obese individuals, typically underestimated how much they had to lose to get down to the "overweight" range.

They thought that "obesity" started at 222 pounds for a 5'-4" woman when it is only 175 pounds and at 241 pounds for a 5'-10" man when it is only 208 pounds.

#### Human Nature

#### How to Spot Father Material

However at other times of the month, women prefer more feminine faces. Softer features suggest a man will be a good long-term partner and help care for any offspring.

The men picked out as father material had lower testosterone levels than the men picked out as having masculine features.

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