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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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.

All Paths Lead to Natural Eating

From Lindsay Bang

Others may consider your teaching heretical, but over time, revolutions have proved right !

Already research is confirming the Natural Eating principles. Of course, this will take many years to filter through to mainstream nutritional teaching, but it is my firm conviction that this will happen.

I have devoted the last 6 years of my life to researching the link between nutrition and cancer. I am a long time member of the Calorie Restriction Society (CRS), which I joined long before I found your book.

These are ordinary folks, trying to extend their lives by searching for the right nutritional answers.

The ONLY way that they can get the nutrients they need is to Eat Naturally (something which I have pointed out to them many times). I have done comparisons of the Natural Eating plan, done the nutritional crunches on the Nutrition software database (Walfords DWIDP software).

Natural Eating is the only way that the macronutrients come out perfect for their calorie levels.

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Quote of the Month

The Biter Bit

"The opening of twenty MacDonald's in Tokyo is a terrible revenge for Pearl Harbor." *Dr S.I. Hayakawa*

Party Ideas

Ziploc Omelets

A reader sent us this party idea. For want of Ziploc bags in Cyprus, we have not been able to test it yet. Let us know how you get on!

1. Crack 2 large omega-3 eggs into a quart size Ziploc bag. Shake to combine them.
2. Put out a variety of ingredients such as: onion, mushroom, green pepper, tomato, salsa, etc.
3. Each guest adds prepared ingredients of choice to their bag and shake.
4. Make sure to get the air out of the bag and zip it up.
5. Place the bags into rolling, boiling water for 13 minutes. You can cook 6-8 omelets in a large pot.
6. Open the bags and the omelet will roll out easily.

Stop Press

Latest Book on its Way

John Anderson, book editor, has finished patting the manuscript of Geoff's book into shape .

The script is now back with the publisher, Rudy Shur of Square One of New York. He will make the finishing touches. Then it's on to the production stage including artwork, indexing, typesetting and proofreading.

Question of Month

Malformed Tooth Enamel

Q. *At the dentist my friend's 9-year old needed a filling; the 6-year old has a molar where the enamel is not all there. Both children have a fairly healthy diet - the younger one loves fruit and any vegetables but also still likes his milk.*

The older one hates milk, and only has the occasional yoghurt and cheese. Neither has a big intake of sweets or fizzy drinks (not allowed).

The dentist said that the older one needs to increase her intake of yoghurt to make sure she is getting the calcium needed for her teeth. I know this is against what you would advise - how would you suggest to increase a child's intake of calcium?

Bizarrely, the dentist recommended that the younger one increase his intake of milk – but he probably drinks 2 pints a day already - AHHHH!

A. No wonder parents are confused when even dentists are peddling the myth of "dairy for healthy teeth".
-- **As though Africans, on a dairy-free diet, don't have the toughest teeth in the world!**

Tooth enamel is composed of finely packed, minute crystals of calcium phosphate. It is similar to bone but minus the elastic material "collagen" which gives bone its resilience.

How does tooth enamel get there? Just like bone, special cells, in this case called "ameloblasts", have to build it. (Bone building cells are called "osteoblasts".) Just as with osteoblasts, hormones manage the ameloblasts' performance -- for better or for worse. **Continued p. 4**

Recipes

Curry Stir-fry Chicken Breast

Y Y Y Y Y

Serves 4

Ingredients:

- 21 oz (600 g) chicken breast, cut into cubes
- 2 white onions (approx. 12 oz, 340 g), thinly sliced
- 2 medium green peppers (approx. 14 oz, 400 g), deseeded and sliced
- 2 medium red peppers (approx. 14 oz, 400 g), deseeded and sliced
- 2 cans (14 oz, 400 g each) tomatoes, peeled and chopped
- 1 Tbsp. (15 ml) olive oil
- 2 Tbsp. cumin seeds
- 3-4 Tbsp. mild curry paste
- Salt (modest) and pepper to taste

Method:

In a large pan or wok heat the oil. Add the chicken and sauté for a few minutes until golden brown on both sides. Set aside on a hot plate and cover.

Add the cumin seeds to the pan and stir-fry for 2-3 min. Stir in the onion and sauté until tender but not brown. Mix in the curry paste, stir well to coat the onion. Add the green peppers and sauté until they soften (green peppers take longer to cook than red ones). Mix in the red peppers and stir-fry for another few minutes. Add the chopped tomatoes. Salt and pepper to taste.

Bring slowly to a boil. Reduce heat and cook for 10 minutes.

Add the chicken cubes, pressing them gently into the mixture with the back of a spoon. Simmer for about 5 minutes.

Comment:

A good, conforming, self-contained meal with protein and plant food in good balance. The curry spice should just be enough to make the dish piquant. Hot, pungent curry puts your colon health in jeopardy.

Questions

Stevia: "Natural" Sweetener

Q. *What do you think of stevia as a low calorie "natural" sweetener?*

A. Stevia sweetener is derived from the leaves of the Peruvian stevia shrub. It is a much sweeter compound than table sugar. It does not raise glucose or insulin levels and it has zero calories.

The sweet stevia compounds (known as steviosides) have been the subject of only a few studies.

One found that in megadoses (80 times normal consumption), hamsters had decreased sperm counts and increased cancers, depression, anxiety, and hyperactivity[1].

On the other hand, studies using more reasonable doses on hamsters could find no signs of ill-effect[2].

So is it safe?

The US FDA has not yet approved Stevia as a sugar substitute in processed food, although they allow its sale as a "dietary supplement".

The European Union, the UK and the World Health Organization all say they cannot approve stevia "because of inadequate data on the composition and safety of stevioside".

On the other hand, Japanese manufacturers have used stevia for over 30 years without noticeable ill effect.

Our View?

Stevia has the advantage of artificial low calorie sweeteners and fructose. It does not give a blood sugar rush.

It is unlikely that megadose-induced diseases in rats translate into mini-dose-induced sickness in humans.

If you use stevia sparingly, it is surely no greater a threat to health than other sweeteners. One thing for sure, stevia is far better than sugar.

Coconut Oil

Q. *Have you heard of coconut oil and is it any good? A friend came across it on pop up claiming to be healthier than any other....?*

We certainly have! We last reported on coconut oil April 2003. It is time to make an update.

Coconut oil is peculiar because it contains a high percentage (45%) of the otherwise rare fat called "lauric acid". Even though lauric acid is a saturated fat, coconut oil has suddenly become the darling of the health food industry.

Of course, no human had ever seen a coconut until "healthy, happy, South Sea Islanders" arrived in the Pacific just 100 generations ago -- around the time Solomon was building his Temple in Jerusalem.

Coconut oil's chief claim to fame is that when spread on the skin, it kills bacteria, funguses and viruses. It even has this effect on gut flora.

Now for the dark side. Just like its saturated stablemates myristic acid and palmitic acid (of which coconut oil contains a further 25%), lauric acid plays havoc with human biochemistry.

In particular lauric acid strongly raises levels of LDL (the "bad" cholesterol)[3]; sharply increases the risk of heart attack[4], and provokes unhealthy blood clotting[5].

No, in spite of the fashionable hype, coconut oil is not a "good" oil. For this reason we refrain from using it. With regard to coconut milk and grated coconut, we use those with caution.

Eggs, Nuts and Bone Health

Q. *I'm eating two omega-3 eggs a day. Now I wonder if I should be wary of the protein in eggs and nuts because of the osteoporosis in my hip. What to do? I find nuts a really good snack instead of sweet things. Should I avoid them completely too?*

A. Even with osteoporosis you still need to eat protein-rich foods like eggs and nuts. You will of course balance their acid-forming nature by eating plenty of alkali–forming plant food – and that excludes starches and sugars!

Don't forget that there are many dimensions to good bone health. For example, both sunlight and vitamin K (from leafy salads, see next question) are vital too.

Don't even think of eating "sweet things" – ever – and certainly not at nuts' expense!

Vitamin K and Beta Carotene -and the Meaning of "Precursors"

Q. *I'm a bit confused as to the difference between the concept of Vitamin K and 'Beta-Carotene precursors'.*

Is there actually much 'Vitamin K' in plant based food, or merely 'Beta-Carotene precursors'? What is the difference and the importance of the distinction?

A. Let's be quite clear: vitamin K is one thing and beta-carotene is another. They have nothing to do with each other, chemically speaking.

Vitamin K is important in blood coagulation and in bone building. It comes in two forms: K1 and K2. K1 is common in green leafy vegetables, notably lettuce. The body converts it into vitamin K2. In this sense K1 is a "precursor" to K2. That is all there is to it – eat up your greens!

Beta carotene is present in many plant foods, notably carrots (whence its name). The body converts it into vitamin A. So beta carotene is a "precursor" to vitamin A.

That's all there is to that too – so….eat up your greens (and yellow ones too!)

Fat Substitute Olestra

Q. *What is Olestra? Is it good or bad for a person?*

A. Olestra is an artificial fat substitute invented by Proctor & Gamble scientists. Manufacturers, in our low-fat mania era, use it in cookies, cakes and other processed foods.

Meanwhile, there are safety concerns about the intake of Olestra. Dr. Walter Willett of the Harvard School of Public Health says: "...there is strong reason to suspect that the effects [of olestra] will include increases in cancer, heart disease, stroke, and blindness"[6].

The FDA accepted Olestra provided labels warned that it might cause abdominal cramping and loose stools.

The gut neither absorbs nor digests Olestra – that's the point of it. On the other hand, Olestra locks up nutrients such as vitamins A, D, E and K. So… the FDA requires manufacturers to "enrich" Olestra products with these vitamins[7]. Quite how that helps is not clear for, presumably, Olestra blocks the added vitamins too!

Worse, research conducted by Proctor & Gamble itself found that blood levels of other vital micronutrients such as lutein, lycopene and beta-carotene dropped by more than half in just two weeks[8]. Another study in Holland produced similar results[9].

Our View? To answer your question, Olestra is not good. It is fake food, designed to seduce consumers to spend their money on maintaining bad habits. Worse, it depletes the nutritional value of real food eaten with it.

Flax seed Oil – Oxidation?

Q. *I own a health food store and need your help regarding flax seed oil (linseed oil). My pharmacist said that he does not recommend flax seed oil claiming it causes cancer! He says the oil oxidizes fast and creates free radicals.*

Instead of bottled oil, he is giving his customers flax seed oil capsules -- which are black to provide protection from light.

Should I take flax seed oil (which, of course, is bottled in dark brown bottles) off the shelves?

A. Flax seed oil oxidizes fast, which is why the manufacturer always protects it in a light-proof bottle. In the old days, it used to be necessary to keep it refrigerated all the way from production to end user.

Nowadays, all reputable makers make "shelf stable" flax oils that contain compounds such as extract of rosemary and tocopherols (vitamin E compounds) to provide antioxidant protection.

Check the brand you have. It should carry a statement like "fresh until sell-by date".

In other words, you can safely continue to stock flax seed oil. Your pharmacist is being a little disingenuous – the mark-up on capsules is much higher!

Flax Seed Oil for the Vegan

Q. *I follow a vegan diet. Should I be using a concentrated source of omega-3 oil such as flax-seed oil?*

A. Flaxseed oil is the most potent source of plant based omega-3 oil. So, yes, this is a good idea for both vegans and vegetarians. Otherwise it is quite hard to get the required balance with omega-6.

The usual standby, Canola oil (rapeseed oil), is rich in omega-3 too, but not as potent. However, that does not matter for those who have a good intake of concentrated omega-3 from oily fish.

Omega-3: Plant vs. Fish

Q. *Is omega-3 oil from fish better or worse than that from plants?*

A. The *type* of omega-3 oil from plants (e.g. flax, Canola) is the fatty acid called alpha-linolenic (ALA). In order to use ALA, the body has to first transform it, using certain, internally made enzymes, into the so-called "long-chain fatty acids", DHA and EPA. These we know as the famous omega-3 "fish oils".

Sometimes the body fails to do this conversion properly. The chief culprit is old age, but others include virus infections and metabolic diseases such as diabetes. High insulin levels also block the conversion of ALA into health-giving compounds.

All this means that, even if you consume the flax or Canola oil, the body could not be using it. In contrast, the bodies of oily fish have done the conversion for us, so fish eaters bypass this potential pitfall.

Our Pleistocene ancestors no doubt obtained ALA from plant food -- otherwise, like is the case with cats, our bodies would have lost the ability to convert ALA at all.

However, the scientific evidence strongly suggests that the fish and shellfish of the African Rift Valley's lakes and streams supplied the major omega-3 intake[10].

Food Policy

The Trouble with Soy (2)

From Geoff's forthcoming book

Last month: soy contains compounds that the body does not know how to handle. They can be responsible for allergies, thyroid dysfunction and senile dementia. The story continues:

Soy also disrupts gastric function. Trypsin inhibitors disrupt the pancreas, causing it to secrete out-of-control quantities of cholecystokinin (a gastric hormone)[11, 12]. The result can be withering of the pancreas and even cancer.

Soy is not good for babies. New Zealand researcher Cliff Irvine finds that babies fed on soy-based formula receive the adult equivalent of five birth control pills per day.[13]

Children of both sexes suffer dispro-

portionately from extreme emotional behavior, asthma, immune system problems, pituitary insufficiency, thyroid disorders, and irritable bowel syndrome.[13]

Soy-fed baby boys sometimes fail to develop proper male traits later in life; girls can enter puberty earlier than normal.[14]

Next Month: More on soy babies.

Food/Disease Links

For reasons of space, the editor decided to cut out several passages from Geoff's new book. However, many of these are of interest to our readers.

Erectile Dysfunction (Impotence)

As Shakespeare's drunken porter in Macbeth said about strong drink:
"It provokes, and it unprovokes; it provokes the desire but it takes away the performance."

We might suppose that the porter recovered his powers when he sobered up. However, for many men, performance is a constant source of difficulty and anxiety.

There are several reasons why this might be. It can be the side effect of many medications and it can be the consequence of worry, depression and various diseases.

Nevertheless, there is one biological reason that is fundamental. If the artery in the penis has blockages, it cannot rise to the occasion.

The blockages, of course, are of the same nature as blockages in arteries elsewhere in the body: in the heart, lungs and brain.

The phrase applied to this condition, "hardening of the arteries", seems like a bad joke in this context.

In other words, erectile dysfunction is very often a symptom of cardiovascular disease. The linkage is so strong that researchers say that erectile dysfunction is the earliest predictor of looming cardiovascular trouble[15]. An early warning even better than high blood pressure, high cholesterol, and diabetes.

For erectile dysfunction then, the wisest and most urgent course is to follow the advice given in the segment "Cardiovascular Disease" of Chapter 8, in the Natural Eating Book.

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Letters

All Paths Lead to Natural Eating

The CRS members are trying to extend lifespan through eating with optimum nutrition, but with fewer calories, as this has been shown to extend lifespan. *[We talked about calorie restriction and lifespan, Nov. 2005, and the youthful hearts of CRS members, Feb 2006]*

They are mostly on a Natural Eating type diet. The difference is that they obsessively measure all the nutritional content of what they eat, to maximize their nutritional intake.

Of course, I no longer need to devote time to measuring my calorie/macronutrient intake as they do, because when I eat naturally, I am the weight and optimum health that nature designed me to be. My biomarkers are perfect!

- Lindsay Bang, Norfolk, UK

Continued next month.

Question of Month

Malformed Tooth Enamel

The bottom line is the same. Poor enamel formation is due to crazed instructions coming from deranged hormones.

What deranges hormones? A huge range of factors – from overconsumption of omega 6 oils to lack of sunshine and poor vitamin K intake (see Vitamin K and Beta Carotene, page 2)

The same factors apply to tooth enamel formation as to healthy bone formation. See "Osteoporosis" page 145, Natural Eating Book.

For an example of a child who has built perfect teeth thanks to a dairy-free diet, check out "First Natural Eating Child" (Alexandre Bouvet), October 2005.

So suggest to your friend that she stick to her guns. Dairy is definitely harmful for her children's health – and definitely no need to "up the intake of calcium" – especially if they are eating the Natural Eating way.

Laughter the Best Medicine

There are many dimensions to a Savanna Model lifestyle. The San loved jokes and tricksters and we can suppose that laughter was a necessary feature of human health for eons.

One day, a man came home and was greeted by his wife dressed in a very sexy nightie.

"Tie me up," she purred, "and you can do anything you want…"

-- So he tied her up and went golfing.

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