

## 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

**[www.naturaleater.com](http://www.naturaleater.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.

**Human Heritage:** Babies – To Cry or not to Cry? **Human Senses:** Being Watched. **Quote of the Month:** Mencken – Politics is Hobgoblins. **The Month in the News:** Gut's-ache Flora; Our Aggressive Cousins; Stone Age Aggression; Equivocating Supplements; Moms' Porky Denial; Pesticide/Parkinson's Link. **Recipe:** Nicole's Fruit Pie. **Q & A:** Prostate and Pomegranate; Vegan Food Poisoning. **Food/Disease Links:** Pre-menstrual Tension; Prostate Cancer. **Letters:** Natural Eating Diploma Needed. **Food Safety:** The Trouble with Soy (3). **New Generation Hope:** Alexandre to Have Sibling. **Unintended Consequences:** Supplements and Epigenetics - Sins of Mother Visited on Sons. **Public Event:** Rancho Mirage next February/March. **Food Politics:** Inventing Mental Disease – IEAD. **New Book:** What they Say. **Laughter:** Blue Nun.

Human Heritage	Human Senses	Quote of the Month
<p><b>Babies: To Cry or not to Cry?</b>  <i>Paraphrase from Geoff's new book:</i>      "With the San Bushmen, a baby is in intimate contact with his mother (slung around her hip) during the working day. Back at the camp, the child was also coddled and was never more than a foot or two from its mother or close relative. At night, the baby slept next to its mother around the family hearth. He nursed and comfort-suckled day and night on demand. The same pattern is found in all forager societies.</p> <p>"Is there any significance to all this close mother/child contact? Indeed, there is: the worst fate that can befall a small child is to be lost, overlooked, or abandoned by its mother. (Fathers don't count: they cannot nurse.) Babies who allowed that to happen were less likely to survive into adulthood.</p> <p>"Every baby today is now genetically wired to sense aloneness and to have a noisy panic-attack about it.</p> <p>"Looked at in this light, some modern ideas about leaving a child to cry himself to sleep in a nearby room seem misguided."</p> <p><b>Comment:</b> Studies on the San<sup>1</sup>, Ake pygmies<sup>2</sup> and other hunter gatherers show that their babies grizzle and cry much less than Western children. Now the pediatricians are catching up with these ideas. Dr. Ian St-James Roberts studied two main groups of mothers "Comforters" and "Westerners".<sup>3</sup> The Comforters kept close to their babies for up to 16 hours a day and slept with them in the same bed.</p>	<p><b>Being Watched</b></p>  <p>Many studies demonstrate that humans have a powerful reaction to a pair of eyes watching them<sup>4</sup>.</p> <p>A great variety of mammals show the same reaction. The reason is not hard to find. Being watched is often the prelude to something nasty happening – like a predator's attack. We are all good at picking out watching eyes, even when foliage heavily camouflages them.</p> <p>However, researchers at Newcastle University, UK, find a new angle to this phenomenon. In their canteen they have coffee-making facilities and an honesty box. They found that the staff contributed THREE TIMES as much to the honesty box if they posted the above picture compared to a neutral picture<sup>5</sup>.</p> <p>Eyes are known to be a powerful perceptual signal for humans. But this is the first time it has been researched in a natural situation, with people using their own money.</p> <p>In other words, humans are wired with a subliminal program making them feel the need TO BE SEEN as honest. It is so powerful, that even though they know the eyes are not real, their brains cannot override the instinctive reflex.</p> <p>We know that hunter-gatherers like the San have a finely developed sense of justice and they will even kill if they detect cheating (News: April 2006)</p>	<p><b>Politics is Hobgoblins</b></p> <p>"The whole aim of practical politics is to keep the populace alarmed (and hence clamorous to be led to safety) by menacing it with an endless series of hobgoblins, all of them imaginary." -- H.L. Mencken.</p> <p>It is not only politicians who do this to us. Food manufacturers and pharmaceutical companies manipulate our anxieties with even greater assiduity – and then offer their patent "solutions", which just happen to empty our pockets. (See Inventing Disease, p. 3)</p> <p><b>The Month in the News</b></p> <p><b>Gut's-ache Flora:</b> Stressed rats are much more likely to suffer Irritable Bowel. However the problem goes away when researchers encourage friendly bacteria.<sup>6</sup> [No surprises there: see Colon Briefings, Sept 2005 to March 2006].</p> <p><b>Our Aggressive Cousins:</b> Two chimps escaped from their cage in Caliente, California, and attacked St. James Davis, 62. He lost much of his face, part of his buttocks, a foot, all of his fingers and his testicles<sup>7</sup>. [Violence is a naturally adapted primate trait: see Origins of Warfare, December 2005.]</p> <p><b>Stone Age Aggression:</b> In Neolithic Britain (4000 to 3200 BC), Britons had a 1 in 14 chance of being bashed on the head with a stone axe, and a 1 in 50 chance of dying from their injuries<sup>8</sup>. [Violence is a naturally adapted human trait: see Origins of Warfare, March 2006.]</p> <p><b>Equivocating Supplements:</b> The National Institutes of Health (NIH) reports that there is little evidence that vitamin and mineral supplements do any good. Worse, overdosing on some supplements can undermine health<sup>9</sup>. [What's new? See May 2000] See also Unintended Consequences, page 3.</p>
<b>Cont: Page 4</b>	<b>Cont: Page 4</b>	<b>Cont: Page 4</b>

**Recipes****Nicole's Fruit Pie**

YYYYYY

Serves 8 to 12

**Ingredients:**

- 20 oz, 570g fresh peaches, sliced.
- 1 tsp. fructose
- 3 T. diabetic jam (fig is good)
- 2 oz, 55 g raisins
- 1 T. (15 ml) rum, dark, flavourful

**Dough:**

- 5 eggs, omega-3, free range.
- 2 T. (30 ml) olive oil
- 5 T. coconut, grated
- 2 teasp. fructose
- 2 teasp. vanilla extract
- 15 T. almond powder
- 2 T.(30 ml) juice of cooked fruit

**Method:**

Cook the sliced fruits in the microwave oven for approx. 2 min, until they start to soften. Drain the fruits, but reserve the juices.

In a small bowl soak the raisins in hot water for about 10 minutes. Drain the raisins, add the rum and mix well. Set aside.

Beat the eggs with all the dough ingredients, except the reserved fruit juice.

Spread out a small part of the dough in a thin layer in an oiled, round baking dish (just to cover the bottom of the dish). Bake in a hot oven (350°F - 180°C) for 5 min. only.

Spread the diabetic jam on top of the bottom pie crust.

Lay out the fruit slices in a circle on the jam, keeping the edge of the crust free. Sprinkle with the fructose and then the raisins.

Mix in the remaining 2 T. of fruit juice to the dough. Spread a top layer of dough over the fruits.

Bake the pie in a hot oven at 350°F (180°C) for approx. 20 minutes..

Allow the pie to cool down. De-mold by putting a serving plate on top of the pie and turning the whole lot over. Then lift off the mold, so that

the nicely formed underside of the pie is on top.

**Comment:** Try the recipe with other fruits. For example apricots, nectarines, apples, plums...

Diabetic jam uses a low glycemic bulk sweetener such as sorbitol. This is fine.

The pie is totally conforming but, being concentrated, limit yourself to just one portion!

**Questions****Prostate and Pomegranate**

**Q.** I've heard that pomegranate juice might reduce the likelihood of prostate cancer. What do you think?

**A.** Some journalists allowed their hunger for a juicy headline to over-dramatize and misrepresent the results of a study carried out by Dr. Hasan Mukhtar<sup>10</sup>. He found that massive doses of pomegranate antioxidant compounds slowed the growth of tumors in mice.

Are pomegranates the only source of such antioxidants? Certainly not! In our ancestral past, humans consumed tens of thousands of antioxidants from hundreds of different plants. (None of which, incidentally, were pomegranates.) In the end our biochemistry – and our immune system – came to depend on them.

The root cause of cancer is a failure of the immune system. It is this lowering of the defenses that allows cancer to flourish and take hold. The way we live our lives today knocks gaping holes in these defenses.

The secret of avoiding cancers of all kinds is to get the whole living pattern right: there is no magic bullet.

Pomegranate juice can be just one color in a painting by numbers that has tens of thousands of numbers. So don't be taken in by the hype. Unscrupulous suppliers make a lot of money by selling highly priced concoctions to gullible and desperate men. Many of them, citing Dr. Mukhtar's study, make extravagant claims about the virtues of pomegranate juice.

More prosaically, milk drinking increases prostate cancer risk and high plant food, zero starch diet

quenches it. See "Prostate Cancer Briefing", page 3.

**Vegan Food Poisoning**

**Q.** I and my guest ate a vegan meal of baked potato and vegetables. Afterwards we suffered food poisoning. Is this possible? I thought it could only happen to meat eaters!

**A.** Yes. Clearly we can only speculate on the little data you provide, but it is possible. Potato contains plant poisons called "glycoalkaloids". It's a lottery: one batch of potatoes can have low concentrations, the next one, high. Every year potato poisoning hospitalizes people, some die<sup>11</sup>.

The British Medical Journal observes that there is certainly a vast reservoir of unreported cases<sup>12</sup>. Victims and doctors would have diagnosed gastro-enteritis or a stomach upset.

We wag our finger: potatoes are not human food – and every so often they remind us!

**Food/Disease Links**

To make space, the editor cut out several passages from Geoff's new book. Many of these are of interest to our readers.

**Pre-Menstrual Tension (PMTS)**

This "syndrome" can be divided into several sub-groups. It afflicts women in Western societies much more commonly than those in the third world. Is this a self-inflicted phenomenon? Seemingly in large part it is. The symptoms of the most common subgroup, PMT-A, consist of premenstrual anxiety, irritability and nervous tension. In one study, women who consumed dairy products on a regular basis were five times more likely to have PMT-A than those who consumed no dairy products. The researchers also found a strong link with high sugar consumption<sup>13</sup>.

In another study<sup>14</sup>, a low fat, vegetarian diet was found to be helpful. Does this mean that you have to be a vegetarian? No, it turns out that it is the low fat part that is important and that the fats were plant fats. Vegetarians do not consume the dreaded saturated fats from red meat. Saturated fat blocks essential fatty acids from doing their work, so triggering the nervous mood and other disagreeable symptoms of PMTS. In this regard, dairy fats are

also saturated animal fats, so this is how they too cause their mischief.

**Continued:** PMT-H next month

### Prostate Cancer Briefing

*A healthy lifestyle like we say is the only way to be pretty sure of never getting cancer. Here we pick out some specific measures that have particular relevance to the prostate.*

Asian men have much lower rates of prostate cancer than Western men.<sup>15</sup> The same factors that are good for suppressing cancer in general, work well on the prostate too. The Asian diet, low in animal fat and dairy, high in omega-3 oils, and rich in non-starchy plant food is good.<sup>16</sup> In contrast, a high intake of omega-6 oils encourages prostate cancer.<sup>17</sup>

Abnormal testosterone production is a major risk factor for prostate cancer. Some soluble plant fibers, such as "lignans", lock up testosterone and stop it from creating damage. Studies on flaxseed, which also contain high levels of omega-3 oils, lignans and other fiber, show that it is indeed a great cancer fighter.<sup>18</sup>

As usual, we need our sunshine. Dr. Esther John found that men who had received the most sunshine during a lifetime were 50% less likely to develop prostate cancer than those who received the least.<sup>19</sup>

Ejaculation is good, according to Dr. Graham Giles. The more often men ejaculate, between the ages of 20 and 50, the less likely they are to develop prostate cancer.<sup>20</sup>

### Post Script: Erectile Dysfunction

*We featured this item last month. Good News! The editor reconsidered and included it in the new book.*

### Letters

#### Natural Eating Diploma Needed

"If you decide to do any correspondence courses, and set up your own Diploma program, please count me in! I think there is a definite market need for a Natural Eating qualification, and it would also help those of us who preach natural eating to others, to actually have a qualification to back us up."

"I have looked at many of the UK conventional nutritional therapy courses, and yes, I could devote 5 years of my life getting their qualification, but what is the point of gain-

ing a qualification in something where you know there is scientific proof that at least half of it is rubbish? All roads lead back to you. Can't wait for the new book!" - Lindsay Bang, Norfolk, UK

[Natural Eating courses – now there's an idea! The main item on our wish-list for the future is a spa and teaching center. Just need the time and the money...]

### Food Safety

#### The Trouble with Soy (3)

##### From Geoff's forthcoming book

*Soy contains compounds that the body does not know how to handle.*

In a study of over 13,000 schoolchildren in Britain, researchers found that children who were fed soy-based formula as babies were 2.5 times more likely to suffer peanut allergy than other children.<sup>21</sup>

The New Zealand Government issued a warning in 1998 about the use of soy in infant formula.

Britain's Food Standards Agency (FSA) raised the alarm in 2003 about feeding soy to babies. It calls upon the Department of Health to revise its guidelines to say that soy-based infant formulae be fed to infants only when the doctor says it is safe to do so. They cite one study where such babies were five times more likely to have genital abnormalities<sup>22</sup>.

The trouble with soy is that, in common with all beans, it is not human food. Our biochemistry does not know how to handle its plant poisons. They do not make us sick outright. They just surreptitiously undermine our health over the long term. AVOID.

### New Generation Hope

#### Alexandre to Have Sibling

We reported on our first Natural Eating child, Alexandre in September 2001 and again in October 2005. He is now six years old.



We are delighted to report that his mother, Jeanne is pregnant again. She is a Natural Eating practitioner of long standing. Just as last time, her embryo will benefit from her human-friendly lifestyle. In particular she will not be trying to second-guess nature by taking supplements!

(See Unintended Consequences, next item)

### Unintended Consequences

#### Supplements and Epigenetics:

##### Sins of Mothers Visited on Sons

Government authorities (the FDA in America) often identify the need (as they see it) to rectify their citizens' poor dietary habits. They therefore require food manufacturers to "enrich" certain products with a selection of micronutrients.

Now, this well-intentioned meddling backfires. Research on mice suggests that mandatory "fortification" of grains with folic acid might be a mistake. It switches on genes in a pregnant woman's fetus that make that individual obese for life<sup>23</sup>.

Worse, once switched on, the effect passes down the generations. If you are struggling with obesity today, it could be because your grandmother supplemented with folic acid when she was pregnant with your father.

This effect is known as "epigenetic". (see Newsletter June 2005). Scientists are uncovering many other such epigenetic effects.

**Our View?** Another example of how life is far more complex than we can imagine, let alone micromanage.

We need tens of thousands of micronutrients plus many more we don't know about. But they need to be in the right proportions and in the right company. The only way to do it right is from the right food!

### Public Event – Advance Notice

#### Rancho Mirage, California

**February/March 2007:** Geoff Bond will be giving the keynote address at the 2007 Community Health Education seminar sponsored by the Desert Comprehensive Cancer Center & the Walter T. Stec Memorial Education Foundation.

-- More news soon.

### Food Politics

#### Inventing Mental Disease IEAD

Psychiatrists have discovered a new mental illness which they dub "intermittent explosive-anger disorder" (IEAD). It is "suffered" by up to 7.3% of the American population<sup>24</sup>. One common example? – road rage!

Now for the kicker: MEDICATION. The researchers intone: "Treatment with antidepressants, including those that target serotonin receptors in the brain, is often helpful." Thus they line up a whole new class of Americans for a lifetime of drug taking.

**Our View?** The medico-industrial complex invests considerable resources in inventing new diseases, which just happen to have an expensive drug solution. Typically you need to take the drugs for the rest of your life. (See "Big Pharma and Disease Mongering", Newsletter Jan. 2006). DON'T FALL FOR IT!

On the contrary, IEAD has a long, honorable natural history: see features on Chimps and Stone-agers, page 1. IEAD is not a disorder to be treated, just a natural reaction to our dysfunctional and frustrating lives. Manage, yes; medicate, no.

### New Book – What They Say

Several specialists from various disciplines have reviewed the manuscript of Geoff's new book. Here is the comment of Caroline Mansfield, N.D.

"Your work is light years ahead of the nutritional hype and the celebrity "experts" of today's media. I know that your book will one day be the ultimate bible for health -- and the current dietary advice and fads will be viewed as ridiculous and absurd.

"One day your work will receive the recognition it deserves: by the educational institutions around the world... to be used in the curriculum for schools, colleges and universities... .that's where your work belongs." -- Caroline Mansfield N.D. Director, *The Naturopathic Clinic, London*

### From Page 1

#### Human Heritage

##### Babies: To Cry or not to Cry?

The Westerners did not sleep with their babies, they had only 8 hours contact a day, and left them to cry for much longer. Consequence? Their babies fussed and cried 50 % more at 2 and 5 weeks and were still crying more at 12 weeks.

Result? Frazzle for the parents and abandonment trauma for the infant.

Mind you, none of this is new. Dr. Urs Hunziker of McGill University reported the same thing 20 years ago<sup>25</sup>.

#### Human Senses

##### Being Watched

These feelings are part of what makes for social functioning in hunter-gatherer groups. We imagine that those who cheated, while being watched, did not survive long.

So, eye-images spook people into good behavior. This phenomenon could be used in many situations. For

example, at vulnerable subway entrance barriers.

### The Month in the News

**Moms' Porky Denial:** The Latino Health Study found that 43% of 3-year-olds were overweight – but 75% of mothers thought their child's weight was just fine<sup>26</sup>. [See *Obese People Don't Know It*, May 2006]

**Pesticide/Parkinson Link:** People who reported exposure to pesticides before 1982 were 70% more likely to have Parkinson's disease 20 years later<sup>27</sup>. The risk was the same in farmers and non-farmers. The study did not identify the types or concentrations of pesticide. [See also *Diet/Parkinson Links*, May 2003; *Milk Doubles Parkinson's*, May 2005]

### Laughter the Best Medicine

*Laughter has been a necessary feature of human health for eons.*

#### Blue Nun

Mother Superior called all the nuns together and said to them, "I must tell you all something. We have a case of gonorrhea in the convent."

"Thank God," said an elderly nun at the back. "I'm so tired of Chardonnay."

### Upcoming Private Events

Geoff will be speaking to private audiences in London during the first three weeks of August. Those attending can contact us for more details.

### SUBSCRIBE TO THIS NEWSLETTER!

**DOWNLOADABLE BOOKS and other VITAL INFORMATION:** [www.naturaleater.com](http://www.naturaleater.com)

email: [geoffbond@naturaleater.com](mailto:geoffbond@naturaleater.com); Cancer Support Site: [www.beatcancernaturally.com](http://www.beatcancernaturally.com)

Tel: +357 99 45 24 68; Skype: gvbond; fax: +1 360 851 3662

### REFERENCES

- 1 Barr RG; Crying in !Kung San infants: a test of the cultural specificity hypothesis. *Dev Med Child Neurol*. 1991 Jul;33(7):601-10.
- 2 Hewlett, Barry S. Culture and early infancy among central African foragers and farmers. *De velopmental Psychology*. 34(4), Jul 1998, 653-661
- 3 Ian St James-Roberts; Infant Crying and sleeping in London, Copenhagen and when Parents adopt a "proximal" form of care. *Pediatrics*. 2006, 117; 1146-1155
- 4 Palmer SE, Hemenway K. Orientation and symmetry: effects of multiple, rotational, and near symmetries. *J Exp Psychol. Hum Percept Perform.* 1978 Nov;4(4):691-702.
- 5 Bateson, Melissa et al; Cues of being watched enhance cooperation in a real-world setting; *Biology Letters* (DOI: 10.1098/rsbl.2006.0509)
- 6 Zareie M., Probiotics prevent bacterial translocation and improve intestinal barrier function in rats following chronic psychological stress. *Gut*. 2006 Apr 25; [Epub ahead of print] PMID: 16638791
- 7 USA Today; 2005-03-04
- 8 Schulting, R; Wysocki, M; Soc. Am. Archaeol. Annual Conference, San Juan, April 2006
- 9 National Institutes for He alth; Report: Can Multivitamin and Minerals Supplements Prevent Chronic Disease? May 19, 2006
- 10 Mukhtar, H; Prostate cancer prevention through pomegranate fruit. *Cell Cycle*. 2006 Feb;5(4):371-3. Epub 2006 Feb 15., PMID: 16479165
- 11 Phak and Sporns; Biological activities of potato glycoalkaloids in: *Antinutrients and Phytochemicals in Food*; ed Shahidi; Amer. Chem. Soc. Symposium; 1995
- 12 Anon, Br Med J; 1979; Dec 8; 1458-59
- 13 Gogi, G; Effect of nutrition..... on symptoms of premenstrual tension; *J Reprod. Med.*; 1982; 83; 527-31
- 14 Barnard ND; Diet and sex-hormone binding globulin, dysmenorrhea, and premenstrual symptoms. *Obstet Gynecol*. 2000 Feb;95(2):245-50. PMID: 10674588
- 15 Denis, L., M.S. Morton, and K. Griffiths. "Diet and Its Preventive Role in Prostatic Disease." *Eur Urol* 35:5-6 (1999): 377-387.
- 16 Chan, J.M., M.J. Stampfer, J. Ma, et al. "Dairy Products, Calcium and Prostate Cancer Risk in the Physicians' Health Study." *Am J Clin Nutr* 74:4 (2001): 549-554.
- 17 Rose, D.P. "Dietary Fatty Acids and Prevention of Hormone Responsive Prostate Cancer." *Proc Soc Exp Biol Med* 216:2 (1997): 224-233.
- 18 Denis, L., M.S. Morton, and K. Griffiths. "Diet and Its Preventive Role in Prostatic Disease." *Eur Urol* 35:5-6 (1999): 377-387.
- 19 Hughes-Fulford, M. "Arachidonic Acid Activates Phosphatidylinositol3-kinase Signaling and Induces Gene Expression in Prostate Cancer." *Cancer Res* 66:3 (2006): 1427-1433.
- 20 Demark-Wahnefried, W., D.T. Price, T.J. Polascik, et al. "Pilot Study of Dietary Fat Restriction and Flaxseed Supplementation in Men with Prostate Cancer Before Surgery: Exploring the Effects on Hormonal Levels, Prostate-specific Antigen, and Histopathologic Features." *Urology* 58:1 (2001): 47-52.
- 21 John, Esther. "Sun Exposure, Vitamin D Receptor Gene Polymorphisms, and Risk of Advanced Prostate Cancer." *Cancer Res* 65:12 (2005): 5470-5479.
- 22 Giles, G.G., G. Severi, D.R. English, and J.L. Hopper. "Frequency of Ejaculation and Risk of Prostate Cancer." *JAMA* 292:3 (2004): 329.
- 23 Lack, G. Factors associated with the development of peanut allergy in childhood. *N Engl J Med* 348:11 (2003): 977-985.
- 24 Food Standards Agency, *Phytoestrogens and Health*; May 2003
- 25 Waterland, Rob, Paper: Nutrition During Pregnancy and Its Transgenerational, Epigenetic Effects ; Human Genome Organization meeting June 2006.
- 26 Kessler, RC; The prevalence of correlates of DSM-IV intermittent explosive disorder in the national comorbidity survey replication. *Arch. Gen. Psych.* 63 (J un): 669-678
- 27 Hunziker, A; Increased ca rrying reduces infant crying: a randomized controlled trial; *Pediatrics*. 1986 May;77(5):641-8.
- 28 Elena Fuentes-Afflick; Pediatric Academic Societies annual meeting; San Francisco; April 29 2006.
- 29 Ascherio A; Pesticide Exposure and risk for Parkinson's Disease; *Ann Neur*; 2006; June 26.