Natural eating is eating in harmony with our genetic programming

August 1998 | ARCHIVE COPY Current news: visit www.naturaleater.com | **Volume 1.8**

The Natural Eating Private Newsletter

Highlights: DDT; Sugar heart attack; Baked Zucchini; Exercise; Candida; Distilled Water; Q&A; Darwin's Betty Crocker cake mix.

From The Battle Front

DDT dangers

Did you think that DDT had been banned into oblivion along with Agent Orange and Napalm? Far from it!

The World Wildlife Fund says that 35,000 tons of the pesticide DDT is still being produced in five countries. It is used by dozens of other states, including Mexico, despite a ban in industrialized countries.

Is the WWF over-reacting? WWF-sponsored research has found DDT in black-footed albatrosses in Midway Island, which is 3,100 from Los Angeles, and 2,400 miles from Tokyo.

DDT is linked to feminization and altered sex ratios in gulls - and egg-shell thinning in birds of prey - but the dilemma is that DDT is used to fight malaria in several countries.

Our View?
DDT is a powerful pesticide which is a lot worse for some animals than it is for humans. Humans kick DDT out of the body harmlessly and efficiently.

But by all means protest the harm that continued production of DDT is doing to our eco-system. There are other ways to fight malaria.

News this Month

Sugar Cardio- Carnage:

Sugar intake accounts for over 150,000 premature deaths!

A high sugar intake, is linked to increased risk for heart disease, according to researcher Dr. William Grant of the NASA Langley Research Center in Hampton, Virginia.

Dr. Grant's study looked at the diet and the heart disease mortality rates of men and women aged 35 to 74 from 33 countries.

In fact, Grant says, simple sugars are the primary source of :

a) *triglycerides* (a type of blood fat) and,
b) of *VLDL* (*Very Low Density Lipoprotein*, i.e. 'bad' cholesterol).

Both are strong risk factors for atherosclerosis (hardening of the arteries).

According to Grant, sugar intake may account for *over 150,000 premature deaths* from heart disease in the US each year.
SOURCE: Journal of Orthomolecular Medicine 1998;13:95-104.

Our View?
150,000 premature deaths due to sugar! Why is there not an outcry? Why does the FDA not ban this dangerous substance?

Rhetorical questions of course. This study is just the latest to show that sugar has very deleterious effects on human biochemistry. But the scandal is that sugar is too firmly entrenched in our way of life for it to be treated as the dangerous drug that it is.

Note that the problem has nothing to do with calories. It is all to do with the *chemical reaction* that sugar has on the human body.

Sugar provokes the formation of harmful substances like bad cholesterol and triglycerides!

The savvy Natural Eater knows that sugar has never been part of the human diet. He will 'naturally' avoid consuming sugar in all its forms.

Recipe Corner

Baked Zucchini Gratin

Equipment:
10" diameter baking dish, 3" deep
Ingredients:
5 zucchini
5 tomatoes
2 eggs
1 tbs. sour cream
2 tbs. olive oil
8 oz canned tomato
2 oz grated parmesan cheese
4 cloves crushed garlic
1 tsp thyme
1 tsp savory
1 tsp coriander
1 tsp parsley
2 tsp basil

Method:

- Cut the zucchini into fine slices and put them in layers into the oiled baking dish.
- Intersperse the layers with a sprinkling of the spices and a thread of olive oil. Add a little salt (optional).
- Cut the tomatoes in half and, place them, cut side up, on the zucchini. Sprinkle them with spices. Add extra basil.
- Beat the eggs with the 8 oz of canned tomatoes. Blend in the sour cream, garlic and grated cheese.
- Pour the mixture over the contents of the baking dish. Add a thread of olive oil.
- Bake in the oven at 400°F for 35 to 45 minutes

Comment:
This dish is basically vegetable with a protein orientation. The modest quantities of cheese and sour cream are quite admissible.

Note the flavoring obtained by the extensive use of spices and garlic.

Feature Article

Exercise - Part I

This Feature Article is a serialization of the chapter on "Exercise" in the forthcoming book on Natural Eating.

Looking at our genetic programming is a powerful technique for identifying the optimum way to feed ourselves. This same technique can be applied to other aspects of our lifestyles too. One of these is *exercise*. What is our *genetic programming* for exercise?

The Genetic Foundations:

We can ask ourselves the same questions:

- over the millions of years of evolution, what were the patterns of physical activity practised by our species?
- What will that tell us about the amount of exercise we should be getting today?

Surprisingly we can work out a lot about the physical activity of our Pleistocene ancestors. First of all we know how they must have foraged for food, how far they traveled, how fast, and even their muscular development.

Further, by studying contemporary forager tribes, we can see how they organized themselves on a daily basis.

A typical Pleistocene group consisted of thirty-five to forty five people, roughly equally divided between men and women. This group would camp in one place for a few days and then move on make another camp 10 to 20 miles away.

They carried very little with them, but they still had to walk all the way! They moved, not for the fun of it, but because they had to. They had to eat!

The terrain would be open savannah-type grassland in the tropics of East Africa.

Once camped, each day the group would split up to forage for food. The women, children and old men went off in one party, foraging for roots, fruits, tubers, berries and easily caught bugs and animals. This party, on average covered about 5 miles. They would be leisurely walking and resting from time to time. After about four to five hours they were done.

The children walked too and, a lot of the time, scampered about and chased each other as well as the lizards and beetles. Babes in arms of course were carried.

It is estimated that the average adult female energy expenditure was 600 kcal per day on physical activity. This compares to 230 kcal for today's sedentary female office worker.

The able-bodied men went off, chiefly looking for small game, but would also be collecting other edible matter on an opportunistic basis. This party would cover more ground during the day - 9 to 12[1]miles on average. Part of the time they would be running or jogging, to chase and trail potential game.

Most of the time too, the men would be finished after about four to five hours. However on rarer occasions they may be away for as much as 48 hours tracking a wounded animal.

Their daily expenditure of energy was over a 1,000 kcal. Compare this to the 306 kcal of the average male office worker.

There are therefore two patterns, one for each gender:

Females would pass their lives exercising to a moderate extent, and low intensity.

Males started their lives with the female pattern, graduated to the masculine pattern for most of their lives (vigorous and more sustained physical activity) and then tapered off to feminine levels again in old age.

Next Month: consequences of physical inactivity

[1] Leonard WR et al; Nutritional requirements and Human Evolution; Am J Hum Biol; 1992; 6; 77-88

News from the Labs

Soda Softens Bones

CHICAGO (CBS) If you drink too much soda, watch out. A new study shows it might be thinning your bones. Researchers say the problem is the phosphate in sodas.

Why does soda thin your bones? Well, in the old days they called a soda a phosphate, that's what gives soda its fizz. But there's a problem with phosphate: it lowers the calcium in your blood. With an elevated phosphate state, it's so high it bumps out the calcium and more calcium is spilled into the urine, and not into the bones.

Too little calcium leads to the brittle bones of osteoporosis. When you compare the bones of a normal spine and those of a woman with osteoporosis you see the difference.

"The bones of osteoporosis look like Swiss cheese to me," says Diane Quantock, R.N. at Loyola University Medical Center.

Our View? The colas are a novelty in the human diet. Regrettably, the phosphoric acid content is quite at variance with the body's bio-chemistry. Is it only a matter of time before osteoporosis sufferers will sue the Cola companies for compensation?

Quick Snack

Avocado Pear

Minimalist solution: Take a ripe avocado, split in half and eat.

More sophisticated: make a filling from drained tinned crab-meat mixed with a little low fat canola mayonnaise.

Success Stories

"For the first time in 5 years I am free of Candida!"

Loïs,10 lb overweight and twenty something, had been battling outbreaks of Candida for many years. She suffered flare-ups of vaginal discharge with gastro-intestinal upset, constipation, itching rectum, gas, cramps, and 'fluey' symptoms. Analysis had revealed Candida spores her blood. If this were true, there was no time to lose. Once Candida generalizes throughout the body the outlook is grim.

Loïs's doctor had prescribed the usual medications but they only seemed to have a temporary effect. She had heard in a Natural Eating seminar that Candida is a common consequence of Western dietary errors. Loïs wanted to ensure that her eating patterns were helping to cure her.

It was explained that Candida is a kind of yeast that is present in everyone's intestine. It is a malevolent organism, but under healthy conditions it is kept at bay by:

- the 'friendly' bacteria in the intestine which crowd out unhelpful organisms,
- the immune system, which is patrolling the body gobbling up foreign bodies,

Candida growth is encouraged by:

- the foods it likes, notably the undigested particles of sugars and starches,
- the absence of 'friendly' bacteria in the intestine
- a weak immune system
- a porous intestine, that allows the yeast to grow and spread throughout the body,
- high levels of sugar in the blood

Eating strictly 'Naturally' would, of itself, be all that is necessary. However, it was important that Loïs emphasize the measures that would help her particular condition. She was coached in the Natural Eating method with strict emphasis on practices that:

- reinforce her immune system
- starve the candida of nourishment
- ensure good intestinal health
- provide nourishment to 'good' bacteria

A while later, Loïs called, overjoyed. She had enjoyed a month without any of the horrible Candida symptoms, felt a thousand times better -- and as a bonus had lost 5 lb in weight!

Common Misconceptions

"I don't drink distilled water because it demineralizes my bones."

Many people today worry that their city water supply is, in some way, unhealthy. They think that pesticides and fertilizers (such as nitrates) have polluted the waters. They also think that the water treatment processes, such as flocculation and chlorination are introducing harmful chemicals into their drinking water.

These concerns, for the most part, are exaggerated, particularly in cities where the water comes from deep underground aquifers.

In spite of that, many people think it worthwhile to buy bottled water to be sure of having the purest water available. One option is to use distilled water.

Distilled water is obtained by boiling the water and condensing the steam. All impurities, minerals, bacteria, viruses, funguses and algae are removed by the process. Indeed, distilled water is the purest form of water available.

In spite of that, there is the myth that in some way this water can somehow leech minerals out of the body. This is simply not true. Distilled water, from this point of view, is completely neutral. It neither adds to, nor subtracts from, the minerals that are already in the body. Water, of course, is essential to life, and water in the distilled form perfectly performs its assigned role in the body.

Moral? Distilled water, although an artificial creation of Man, is a helpful addition to the choices available to the health conscious and discerning consumer.

Reader's Questions

Due to popular demand, the section on Q&A has been much expanded. Questions to the editor are always welcome.

Q. *How strict are the limits of 8 oz of fowl and 12 oz of fish per week?*

A. These figures are indicative. Exceeding these amounts by a reasonable margin is not a big deal.

Q. *Raw vegetables get boring and we use condiments, is this all right?.*

A. Reasonable use of condiments is not a problem. Use herbs whenever you can: basil, coriander, oregano, thyme, chives, parsley, garlic, etc.. Mustard is OK. Use pure lemon juice (it can come out of a bottle) in salads, on cooked and stir-fried vegetables. Ready-made dips and sauces, like salsa and guacamole (read the ingredients) are a good standby.

Even a good quality Worcester sauce or ketchup is fine in ***condiment*** quantities. A *small* dash of soy sauce, (careful - it is loaded with salt) is OK.

Q. *Do you indicate acceptance of Aspartame?*

A. Yes, definitely. By far the lesser of two evils is to use Aspartame in the place of sugar and other fast sweeteners like brown sugar, syrup, honey, malto-dextrin, maple syrup etc…

Check out the article on Page 1. Sugar is implicated in 150,000 premature deaths per year. Just imagine the rumpus if Aspartame had been implicated in ***just one*** death!

Q. *Are fat-free cottage cheeses made with various skim and non-fat milks, better than regular cottage cheese?*

A. You know my views on Dairy! Of the options, cottage cheese (which by definition is fat-free) is the least bad. If you enjoy conventional cheese as a gourmet experience, then a couple of ounces, three times a week is fine.

Q. *What is your view of fat-free sour cream made from non-fat milk and dried corn syrup?*

A. They've just replaced a bad fat (cream), by a bad carbohydrate - corn syrup. Corn syrup, dried or otherwise, is a *bad sugar*. Avoid.

Q. *What about ice-cream and yogurts if they are fat-free, no sugar added, and are 'reduced calories'?*

A. I've yet to see an ice-cream that is both fat free and sugar free (check all the aliases). Ice-cream in general can vary widely in Glycemic Index and you can never be sure which is the one you are eating. Most ice creams are made with 'bad' fats.

Gloomy, right! However… keep things in proportion. I say to people that a ball of ice-cream at the end of a meal is OK.

Fat free yogurts are OK. Watch out for the added sugars.

Q. *What is the line on non-alcoholic beer. It has 58 calories, 12.1g carbo-hydrates?*

A. Sorry to be a party pooper! Hard to believe, but the worst thing about

beer is not the alcohol, but the free sugar (maltose). Maltose is the fastest sugar around. Slimmers should definitely avoid.

If you like the alcoholic kind of beer, then that's not really any worse. A bottle now and again is OK. - But why not try a glass of dry wine instead? That *is* sugar-free!

Q. *We like hot chocolate drinks. What do you think of hot cocoa mix -fat free, artificially sweetened, non-fat milk, cocoa processed with alkali, sweet dairy whey?*

A. There is a wide variety of hot chocolate mixes on the market. You not only strain your eyes reading all the ingredients, you get discouraged by the rubbish that goes into them.

The best cocoa drink is the simplest. Take a 10 oz mug, two heaped tsp. (that's lots) of ***pure*** cocoa powder (Nestlé, Hershey…), 3 or 4 tablets of Aspartame to taste, one tbs. of milk to mix (optional), boiling water, stir. The cocoa can be full fat. It tastes better and the amount of fat (1.5g) is not a big deal. Some people worry that the fat is saturated. It is - but of the one harmless kind, stearic acid.

Q. *You advise no fluids with meal, does this apply to soups?*

A. I'm not sure where you got that information. Drinking ***innocent*** fluids during a meal is quite OK. Soups are fine in principle.

Q. *Are soups a good option when dining out?*

A. Yes, they can be. Unfortunately, in most fast food restaurants, soups are reconstituted from a powder that is full of bad carbohydrates, bad oils, fillers, sugars and the rest. Ask to see the tin! (We do.)

Q. *There is a refreshing soft drink mix [Crystal Light] which has 5 calories, it has no fat, sodium, carb, or protein, it has citric acid, potassium citrate, Aspartame, malto-dextrin, magnesium oxide, natural flavor, lemon juice solids, ascorbic acid, titanium oxide, yellow 5 lake, BHA. It is not consumed to replace any food but for enjoyment - is this harmful?*

A. Phew - What a line-up of suspects! However the only real nasty is the malto-dextrin. Nevertheless, judging from the number of calories, not a lot of it. Check the sugars/carbs in the composition panel.
This drink is certainly better than most colas and soft drinks - but why not make a nice cup of tea instead?

Darwin Food Label
Only the fittest survive…

Every month we select a food label from a well-known brand. It is chosen on the tongue-in-cheek grounds that only the fittest would survive eating this way. Study the ingredient list and try to see why it has made the Darwin list. We have made the task easier by using larger print than on the original label.

Betty Crocker

Devil's Food

CAKE MIX

INGREDIENTS: SUGAR, WHEAT FLOUR, COCOA POWDER PARTIALLY HYDROGENATED VEGETABLE OIL. DEXTROSE, RAISING AGENTS: MONO AND DICALCIUM ORTHOPHOSPHATES, SODIUM BICARBONATE; MAIZE STARCH, STABILISER: PROPYLENE GLYCOL ESTERS OF FATTY ACIDS; MODIFIED MAIZE STARCH, SKIMMED MILK POWDER, SALT, EMULSIFIERS: CARBOXYMETHYLCELLULOSE, MONO AND DIGLYCERIDES OF FATTY ACIDS; ARTIFICIAL FLAVOURING, RIBOFLAVIN

Calcium Revisited

Our serialized article 'Checks and Balances at the Calcium Bank' excited a lot of comment. Here is a contribution from Natural Eating disciple, Camille Kampouris:

I thought I'd send off to you what my laymen brain retained from your seminar and reading materials and why I no longer indulge in milkshakes, steaks and grilled cheese sandwiches --here goes---the mental image that keeps me from all kinds of icebergs (and dental disease I suppose -- just kidding)

Osteoporosis comes from too much animal protein. All that protein is more than the body knows what to do with. The excess amino acids (digested proteins) floating around in the bloodstream create a lot of mischief. They acidify the blood causing calcium to be borrowed from the bones to restore the blood neutrality.

So the best way to prevent osteoporosis is to reduce your intake of animal protein which will cause your bones to stop losing calcium.

Osteoporosis is a disease of Western Civilization. It is brought on by our diet--it is not due to an insufficiency of calcium as is commonly thought.

Vegetables and fruits give you plenty of calcium and in the form your body can accept ---milk, cheese, and supplements give you plenty of calcium but not in the form your body can accept…

Our comment:

That's a pretty good summary as far as it goes. Once again, the key to understanding osteoporosis, is to understand that it is mainly due to hormones sending the wrong signals to the bone-building cells. And the reason for the wrong signals is largely due to dietary errors.

One error is the consumption of a relentlessly acid-forming diet. Proteins like meat, cheese, and milk; starches like bread, cake, potato and cereals - are all strongly acid forming.

What do you know? Fruits and vegetables all do the opposite. Neutralize acids! That is one more reason why the diet should be at least 75% fruit and vegetables.

This newsletter is only available on private subscription $96(£66)/yr. e-mail version: $72 (£45)/yr.
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