

The Natural Eating Private Newsletter

Calcium on the Brain; Beauty and the BMI; Walk for your Life; Vegetable Broth; Exercise II; Aspirin in Fruit; Lentil and Tomato snack; 45 lb slimmer; Q & A; Safeway Darwin food label; Spread the Word

News this Month

Calcium, Vitamin D and the sorcerer's Apprentice

As we age, calcium tends to seep out of bones. Simultaneously calcium accumulates in artery-clogging fatty plaques.

A study of 30 women aged 67 to 85 has found that those women who had lost most calcium from their bones were most likely to have calcium deposits blocking their brain arteries. This is a leading cause of stroke.

[your doctor didn't tell you about that side-effect when he advised you to take calcium tablets!]

SOURCE: Stroke (1997;28:1730-1732);

And a second study on the blood of 173 men and women has found that:

- . Low vitamin D levels cause calcium to fur up the coronary arteries.
- . Moderate vitamin D levels help put calcium in to the bones,
- . An overdose of Vitamin D takes calcium out of the bones.

"serum vitamin D seems to have an opposite effect on the skeleton as it does on the vessels," said Watson, of UCLA's School of Medicine.

90% of patients with coronary heart disease have deposits of calcium in the fatty plaques clogging their arteries.

SOURCE: Circulation (1997;96:1755-1760)

Our View?

It's The sorcerer's apprentice syndrome again...

Take calcium for osteoporosis and it ends up as clots in the brain!

Take Vitamin D and it might reduce the clots - but it might thin the bones...

How do you tell? You don't have to! The lesson has been given many times. Calcium goes where your body tells it to go. You have to get that right first! How do you do that? The beauty is that you don't have to

micromanage all those processes. 'Eat Naturally' and the body organizes it for you!

Body mass index determines attractiveness

When a man looks at a woman, he bases his assessment of her attractiveness largely on her body mass index (BMI) - a ratio of weight to height - according to a British Study.

In evolutionary terms, according to study author Dr. Tovee, men will be attracted to women with proportions that are conducive to good health, fertility, and reproduction.

"BMI is closely related to fertility and health and, therefore, will be important in determination of sexual attractiveness," they write. 40 male undergraduates evaluated color images of 50 veiled women, of varying BMI.

The men consistently rated women with BMI's of roughly 20 as the most attractive. Even small changes in BMI radically altered the attractiveness rating.

SOURCE: The Lancet 1998;352:548.

Our View?

A BMI of 20 is the "ideal weight" according to health guidelines too. So it is *healthy* as well as *attractive* to be this trim. And this applies to men as well as women. As a guide, for a BMI of 20, a 5'3" person would weigh 113 lb. and a 5'8" person would weigh 131 lb.

Research doesn't record whether trim men are equally attractive to women! - but you can be sure that by adopting a 'Natural Eating' lifestyle your weight will gravitate to this healthy ideal for your height.

Exercise reduces senior mortality

In the 10 year long "Zutphen Elderly Study" of 802 men, aged 64 to 84 years, physical activity had a reduced risk of death from all causes of 0.71.

The benefits of either walking or cycling for 20-minute periods three times a week were equally beneficial. The intensity, rather than the type, of activity appeared to be the important factor.

"15% of cardiovascular deaths and 12% all deaths "...could have been avoided by a physically active lifestyle."

SOURCE: Arch Intern Med 1998;158:1499-1505.

Our View?

Hardly a lot to ask - to walk briskly for 20 minutes 3 times a week. And yet for this little investment, a tremendous return in health expectancy.

Humans have bodies that are genetically programmed to be physically active. (see our feature series). Couch potatoes had better increase their insurance premiums...

Recipe Corner

Vegetable Broth:

½ cauliflower
5 carrots
½ lb spinach
½ broccoli head
½ lb celery
½ tsp. black pepper
stock cube
2 cloves crushed garlic
1 tbs. Parsley

The vegetables can be fresh or frozen.

Cut the vegetables into chunks and put in saucepan.

Mix the stock cube with some water and add to the vegetables.

Add water to just under the top of the vegetables. Partially cover.

Boil gently for 10 minutes.
 Add the spices. Simmer for five minutes.
 Transfer to mixer and blend briefly to achieve a chunky consistency.

Comment

You can make a meal of this good, wholesome dish. Purists may have a problem with the stock cube and its cargo of salt and monosodium glutamate. Substitute a tbs. of lemon juice.

Feature Article

Exercise - Part II

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

Last month we looked at what we know about our genetic programming for exercise... and the fact that the human body is designed for a regular daily activity, more so for men than women....

How does this chime with what we know about human biology today? It fits very well. Evidence is that women do not need to exercise so long or so hard as men to maintain their health. Men need more vigorous physical activity to maintain health. From the world of track athletics we know that men are better built for endurance running.

What happened to our ancestors in old age? What is striking is that old people stayed physically active until their very last days. They were athletes right to the end. The end came when they could no longer keep up with the group when it moved camp. The infirm person would be left behind, propped up under a bush, to await the arrival of the jackals and other predators. In this harsh existence, there was no room for people who put the survival of the group at risk.

Just imagine how average life expectancy would drop today, if anyone who couldn't walk 10 miles were left for dead!

So what are we to make of this? People who get this amount of physical activity have better health than they would otherwise have had.

Note the qualification 'than they would otherwise have had'. Exercise by itself is not enough. Other lifestyle activities can be even more important in determining good health, notably non-smoking and good eating habits.

The big question is: are there any vital body functions that *depend* on physical activity? Yes, indeed there are. Studies, ranging from those on bed-ridden people to astronauts, all point to a number of conditions brought about by a lack of physical activity. We are not like the bear for example that can stay immobile for 6 months (while hibernating) without suffering health consequences.

What are the consequences for human health, then, of physical inactivity? Let's look at some of them:

Exercise and Health Factors

Bone demineralization and fractures:
 This condition is multi-faceted, but all the evidence suggests regular physical activity improves bone structure, its volume and thereby resistance to fracture.

Elderly women can benefit from as little as one hour per week of lower-intensity activity - 42% lower risk of hip fracture and 33% lower risk of vertebra fracture.

For everyone, it is thought that the rhythmic jolting associated with walking/jogging, excites the bone cells into laying down more bone mass than they would otherwise have done. For elderly people net loss is thus reduced.

Rheumatism, arthritis and joint stiffness:

Regular activity of the kind practised by our Pleistocene ancestors encouraged cartilage maintenance, lubrication and renewal of the wearing surfaces. Dysfunctional joints are due in large part to not giving them enough to do. If you don't use it, you lose it!

Syndrome X

This is the collective name given to a quartet of 'diseases of civilization': high blood pressure, coronary artery disease, obesity and diabetes. They all have a common link - high insulin levels. Yes, our old nemesis of insulin rears its ugly head. Low exercise levels mean that more insulin has to be secreted to handle a

given glucose load. Result: more insulin floating around creating mischief.

Lower leg circulation

Did you know that there is an artery that passes through the ball of the foot? Guess what happens as you walk or run. Yes, this artery gets alternately compressed and released. The general effect is that of a pump. Walking/running helps pump blood through the lower leg. Without it the lower leg gets poor circulation and is prone to deep vein thrombosis.

Are you one of those people who, after a little while sitting at a desk or table, find their knees jogging up and down? This too, is a natural reflex helping to maintain lower-leg circulation.

Next month: more consequences of physical inactivity.

News from the Labs

Aspirin in fruit prevents disease

A diet rich in fruits and vegetables helps prevent heart attacks and cancers by providing healthy doses of aspirin compounds called salicylates, according to a British study.

Salicylates reduce and prevent heart attack and colon cancer. "No one has shown these salicylates are present in blood before," said researcher Paterson.

"The big message is: Take fruits and vegetables," Paterson concluded. "As far as we know, there are no risks, and potentially, a lot of benefits."

SOURCE: Journal of Clinical Pathology 1998;51:502-505.

Our View? Just so!

Easy Snack

Tomatoes and red lentils

Boil 1 lb. of red lentils in two pints of water for 15 minutes.

Add 2 ½ tins (40 oz) tomato chunks. Simmer, stirring from time to time, for a further 15 minutes or until lentils are soft. Consume.

Success Stories

"I've taken off 45lb in four months!"

Robert, late 60's, dynamic businessman, had a large paunch.

Measuring 5' 8" and weighing 240lb Robert had a Body Mass Index (BMI) of 36. This put him in the 'seriously-at-risk obese' category. Not surprisingly, Robert's doctor told him that if he wanted to live another twenty years, he should trim down - fast! - and as far as possible too...

Robert had tried at various times to slim down, but always to no avail. The usual story: diets hard to keep up, constantly feeling hungry, weight back on within days.

Robert heard the Natural Eating philosophy expounded and it 'spoke to him'. Over a long week-end Robert and his wife were coached in all the subtleties of surviving in the Supermarket Jungle.

Three months later Robert called in to say that he has just been to the tailor to have 6" taken out of the waist of his pants! Robert had taken off 45 lb. He had never eaten so much, had never felt hungry, and (tongue-in-cheek) had discovered the secret of the Natural Eating method - that you defecate a lot!

Robert still has a way to go - his ideal weight is around 150 lb. But Robert's general state of health is already 100% better. Most importantly he has learned the new habits that will maintain his weight and health permanently in good shape.

Common Misconceptions

"To eat healthily I have to go to the trouble and expense of buying 'organic'."

The big problem with how we eat today is much more than whether or not the food is organic. After all how many cigarette smokers worry whether the tobacco is organic?

We all know that *it's the tobacco itself that is the problem.*

So it is with our foods. If we are eating the wrong foods then, organic or not, the damage is done.

For example organic sugar will be just as harmful to health as the regular sort. So the message is: put your efforts first of all into changing your bad eating habits into Natural Eating ones.

As a second stage, by all means move on to eating organic. That will fine tune an already good eating habit.

Reader's Questions

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

Q *Can a bread maker using whole wheat grain make acceptable bread?*

A The main problem with bread of any kind is that it is made from cereals. It automatically has a high glycemic index and is therefore a bad carbohydrate.

You can limit the damage by:

- . using whole grain,
- . using rough (stone) ground flour,
- . using rye rather than wheat,
- . using whole rye kernels
- . baking only with: yeast, water and a pinch of salt.

This bread will resemble German dense rye bread. It has a full complement of micronutrients, and it will be free of pesticides and fungicides. Its glycemic index will be lower and the product will be better than you can find in the bakery section of a supermarket. .

Nevertheless, consumption of even this bread should be kept under strict control. Serious slimmers should cut it out altogether.

Q *How do we work out whether three-quarters of our diet consists of fruit & vegetables? By weight?*

A Ideally, yes. But these are only guidelines. Measurement by volume for most foodstuffs is adequate. It is more important to get used to 'eyeballing' the quantity. No-one wants to be weighing and measuring the whole time!

Q *I have cholesterol problems and avoid eggs because of high saturated fat. Are eggbeaters all right?*

A Nothing much wrong with eggbeaters, they are made just from the white of the egg which is simply protein.

The question of eggs in general is more ambiguous. Healthy people can certainly eat quite a lot of egg without it affecting their health. There is no doubt that the human body is well adapted to eggs.

I hesitate with you because you are struggling to keep your cholesterol under control. Normally, once you have got the bad carbohydrates and bad fats out of your diet, your body will stop making abnormal levels of cholesterol and triglycerides.

Q *Is peanut butter without additives OK?*

A You are getting into bad oil, high fat territory here. The worst additives are the ones that are not labeled as such, for example the Bad Oils.

Peanut oil is, of itself, a 'bad' omega 6 oil. Frequently, in making peanut butter, the manufacturer compounds the error by adding another bad omega 6 oil such as corn oil or sunflower oil.

The result is a high fat, bad oil product. Avoid.

(Anyway, what were you going to eat it with? Not bread I hope!)

Q *Does a low cereal diet lack nutrients? As we do not eat bread or breakfast cereals except for just occasional slices of Ryvita, is our diet lacking in any essentials or are we doing the correct thing?*

Sure! You can dispense with the Ryvita too. Cereals in fact are very poor in micro-nutrients. That is why governments are insisting on an ever-lengthening list of vitamin and mineral additives. The food producers term this 'enrichment' - which is intended to comfort the consumer against his better judgement.

Much better to be sure of getting the full panoply of micro-nutrients that the body needs already packaged in fruit and vegetables.

Q *Is sugar-free syrup OK?*

A Difficult to imagine a syrup that does not have a 'sugar' of some kind in it. Watch out for the 5th columnists: malto-dextrin, glucose, maltose, corn syrup etc... They are all just as bad.

Q I used to be chronically constipated before starting the Natural Eating program. However, I travel frequently on business all over the world and the constipation comes back. My doctor recommends Metamucil. Is this all right?

A It is very hard to keep control of what you are eating when you travel - particularly when coping with airline meals, foreign restaurants and exotic cuisines. The problem is compounded by large time-zone changes which confuse your body bio-rhythms.

The first thing to do is to try harder! Use all the tricks: always carry a stock of raw vegetables, particularly for airline travel (their meals are notoriously low fiber); have the hotel put bowls of fruit in the room; drink plenty of water.

As for Metamucil, it is made from a plant material, psyllium. It is what is known as a bulk-forming laxative. It is not digested but absorbs liquid in the intestines and swells to form a soft, bulky stool. The bowel is then stimulated by the presence of the bulky mass. Bulk-forming laxatives are generally considered the safest laxative form. So, if really stuck (!), then the occasional use of psyllium is OK.

Q peanuts - you discourage because of added oil? Are peanuts in the shell OK?

A Peanuts (which are really a legume) are less good than true nuts. Their oil is a 'bad' omega six oil. Certainly peanuts in their shells are the least bad version of the various peanut products. At least that way they are eaten fresh, raw and unsalted. But still better to eat true nuts!

Nuts in general should be eaten fresh and raw. Both age and roasting destroy the 'good' essential fatty acid that's in them, alpha-linolenic acid.

Q Blood groups and diet: I have read somewhere that people of 'O' blood group are 'ancestral flesh eaters' and our bodies are best adapted to that diet. I have been a vegetarian for 20 years - am I doing wrong?

A. There is a theory, not yet proved, that the original blood type of our Pleistocene ancestors was the 'O' group. There is a further assumption, that our Pleistocene ancestors were rabid meat eaters and that therefore today's 'O' types should be too.

The theory then goes on to suggest that the other blood groups, 'A', 'B' and 'AB' arose relatively recently - 15,000 to 25,000 years ago - in certain geographic areas of Asia. It is suggested that these peoples have a bio-chemistry, and particularly leptin production, better adapted to the eating of grains and/or dairy products and legumes.

Our view? These questions are only of *secondary importance*.

We avoid getting drawn into special group interests. Our anthropological background suggests, and all the research confirms, that *what we all have in common far outweighs possible group differences*.

It is far more important to get the basics right rather than worry about fine tuning according to blood group. Worrying about that is as appropriate as rearranging the deck-chairs on the Titanic!

As for your vegetarian status, the 'Natural Eating' philosophy does not take up a doctrinaire attitude. It is quite clear that our Pleistocene ancestors ate a modest percentage of animal matter - but it was the ultra-low fat sort. Our body-chemistry became well adapted to that.

The challenge for meat eaters today is to find a comparable food in the supermarket. Broadly it doesn't exist. That is why a vegetarian strategy in today's world is a good one. The sorts of vegetable proteins available to us - in leaves, salads and vegetables - is what we are best adapted for and is very low fat.

Moderate consumption of fish, eggs, nuts, soy protein and pulses is also fine - but vegans/vegetarians can leave out the fish and eggs too.

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.

SAFEWAY

WICKED FRUIT DESSERT INGREDIENTS:

Cream (35%), Sugar, Sweetmeal Biscuit [contains Raising Agents (Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate)], Water, Skimmed Milk Soft Cheese, Vegetable Oil and Hydrogenated Vegetable Oil, Egg, Strawberry Puree, Redcurrant (1%), Blackcurrants (1%), Blackcurrant Puree, Redcurrant Puree, Strawberry Concentrate, Milk Powder; Wheat Flour, Modified Maize Starch, Modified Potato Starch, Skimmed Milk Powder, Beef Gelatine, Glucose, Citric Acid, Colors (Anthocyanins, Betanin), Stabilizers (Xanthan Gum, Sodium Alginate, Sodium Hydrogen Carbonate, Diphosphates), Milk Protein, Emulsifier (Lactic Acid Ester of Mono- and Diglycerides of Fatty Acids), Salt, Lactic Acid, Flavorings.

Spreading the Word

Geoff Bond will be in Palm Springs during the month of October. The 'Natural Eating' Handbook for American Standard inc. employees is in final draft. The Natural Eating book for publication is complete in first draft.

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