

Natural eating is eating in harmony with our genetic programming

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E-Coli Cattle; Down with cereals; Brain Food- oldsters; Turnip Greens; Exercise III; Brain Food - babes; Snack Mushrooms; Sugar Cop; Q & A: milk, pasta, frozen veg, melon; Darwin's Coffee Creamer

News this Month

Corn-fed Cattle Cultivate E-Coli

Tests suggest that switching to hay in days before slaughter could greatly reduce the incidence of dangerous bacteria.

Starchy, grain-based cattle diets (introduced since World War II by producers wanting to market fatter cattle to market) promote the growth of E-coli bacteria.

E-coli O157:H7--accounts for more than 20,000 infections and 200 deaths annually in the United States. It killed four children after eating contaminated Jack in the Box burgers.

Last year, Hudson Foods Inc. exited the raw ground beef business after it was forced to withdraw a record 25 million pounds of suspect hamburger patties.

Cattle are fed starchy grain because it is cheaper and more fattening than hay. However, the animals digest starch poorly. Some undigested grain reaches the colon, where it ferments. That produces a high proportion of E. coli that can survive stomach acid.

Source: *Science*; September 11, 1998

Our view? So grain is used to *fatten* cattle! So cattle are not *designed* to digest grains! So feeding grains to cattle has nasty consequences! What a surprise!

Yes - even cattle have a naturally adapted diet - and just like humans it doesn't include grains.

Another reason for not eating beef. Not only has its fat content been artificially raised by stuffing with grains - it can carry a deadly cargo of bacterial toxins as well.

Cereal Sales Soggy

U.S. cereal makers are banking on math and science to fortify soggy sales this school year.

Trade figures show cereal consumption is shrinking as consumers skip breakfast or opt for alternatives like bagels.

Early fall is typically a strong period for U.S. cereal sales as children return to school.

Kellogg Co. , whose brands include Corn Flakes, Frosted Flakes and Rice Krispies, vowed earlier this summer to step up promotional spending in a bid to bolster its dwindling market-share lead over No. 2 General Mills Inc. , the maker of Cheerios, Total and other brands.

Companies have been touting scientific studies that extol the health benefits of cereal, or offering coupons and other deals they hope will add up to a bigger market share.

Kellogg hopes strong sales of its new products such as Breakfast Mates, cereal-and-milk packets sold in the refrigerated section, and Snack Paks, which are single-serve pouches of cereal, will help resurrect sales. "We haven't seen the sort of innovation that is capable of growing the category" say Wall Street Analysts.

Our View?

It is good news that the public is turning away from breakfast cereals - but to *bagels!*

But the really bad news is that we are in for a new marketing onslaught. Don't these phrases make you shudder?

"Grow the category...". "Increase sales to schoolchildren...". "Extol the health benefits..."[really?]. "innovative cereal-and-milk packs...". "Bolster promotional spending...".

Message: cereal producers' driving concern is to increase your cereal consumption. They are after your wallet - not your well-being. Maybe they think we are less likely to complain than the cows!

Micro-nutrient rich diet protects against mental aging

In rats, consumption of a diet high in micro-nutrient anti-oxidant activity slows down mental aging.

Dr. Joseph of the USDA Human Nutrition Research Center on Aging at Tufts in Boston, Massachusetts, fed rats either a control diet, or a diet supplemented with either vitamin E or with a strawberry or spinach extract.

The rats were fed for 8 months until the rats were 15 months old. This is the age when these rats typically show mental aging.

The animals fed the spinach did better than all of the others on mental tests. Better even than those fed solely on anti-oxidants such as vitamin E.

Phyto-chemicals (micro-nutrients), present in antioxidant-rich foods such as spinach are beneficial in maintaining mental alertness with age.

Source: *J Neuroscience* 1998;18:8047-55.

Our View?

Just so. There are literally tens of thousands of 'phyto-chemicals' (turpenes, caratenoids, phenols, bioflavonoids, and many more) in vegetation. The evidence is piling up that they are all important to the body's chemical factories.

Even rats benefit from high micro-nutrient density diets. Humans who are designed to work on a high

vegetation diet can expect the same or better result. Eat up your greens! (see next item)

Recipe Corner

Turnip Greens and Rice

Turnip greens are superbly nutritious, but some imagination is needed to make them attractive to eat. This dish, which combine them with rice, is tasty and very nutritious. Swiss chard and collard greens, also superbly nutritious, can be substituted for the turnip greens.

- 1 lb. turnip greens, chopped, fresh or thawed out frozen.
- 1 cup (8oz) whole (brown) rice.
- 1 medium onion finely chopped.
- 2 cups water.
- 3 tbs. olive oil.
- 2 tsp. Marmite or 2 vegetable stock cubes.
- 2 cloves garlic.
- Pepper.

The rice usually takes about 45 - 50 minutes to cook. The turnip greens take about 30 minutes. According to the cooking time of the rice shown on the packet, so the rice needs to be started before the turnip greens.

- Wash rice in cold water, and put, with the water and Marmite or stock cubes, into a 1 gallon saucepan, simmer for 15 minutes.
- In a second saucepan gently cook the onion and garlic in the oil. Keep the saucepan covered and avoid browning the food. (about 10 mins)
- Add the turnip greens to the onions and gently cook and stir for a further 5 minutes,
- Add the cooked onion, garlic and turnip greens to the rice.
- Simmer until cooked. (About 30 mins.) The liquid should have been absorbed, and it will be possible to serve the rice fluffed with a fork.

Comment:

Nutrition: The turnip greens, being cooked in this way with the rice, have had their nutrients nicely conserved.

Food combining: starch/vegetable - good

Glycemia: The rice is a medium density borderline carbohydrate. 'Dilution' with the turnip greens brings this dish into the 'favorable' carbohydrate bracket.

Acid/alkali ratio: the rice has an acidifying power of 2.6. The turnip greens an alkalizing power of about 4. Since there are twice as much greens as rice, then the dish is safely alkaline.

Feature Article

Exercise - Part III

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

Last month we looked at the consequences of a lack of exercise. This month the same theme is continued

Lymphatic circulation

As handmaiden to our blood circulation, we have a secondary system of circulation, known as the lymphatic system. This is responsible, in part, for: transporting the products of digestion to other parts of the body; bringing immune system killer cells to parts of the body under attack; and flushing away debris and toxic matter. Unlike the blood, which is pumped around the body by the heart, the lymphatic system does not have a pump of its own. Instead it relies on the general flexing of muscles to do the job. Lack of physical activity means sluggish lymphatic circulation and a host of maladies linked to that.

Cosmetic Reasons

We are all, every single one of us, descended in an unbroken chain of ancestors who have all successfully found a mate and reared their children. Couples who got together to have children and didn't, failed for a number of reasons. Accidents, sickness, infertility all take their toll. But the bottom line is that they didn't have any offspring.

It follows that we are descended from people who have been successful in having children. They were successful because they were lucky and because they were healthy. Not much can be done about luck,

accidents and so on - but over the long term, our ancestors will have been slightly better at picking healthy mates.

We are *programmed* to recognize a healthy prospective mate. That, to a large extent, is the substance of the 'chemistry' that sparks between two people who are attracted to each other. 'Looking good' is an important part of successful human reproduction.

Even if you are not looking for a mate, 'looking good' gives pleasure to others. Film stars make their fortunes out of people's hunger to cast their eyes on good-looking people. The exact nature of the 'good looks' changes with the mood of the times; but the fundamentals do not. No-one is going to make it as a heart-throb if they are obese, covered in sores and generally giving off an air of ill health. Glowing complexion, vibrant muscle-tone and an energetic demeanor are attractive in their own right - we are genetically programmed to find them so.

Self preservation

In the world of our ancestors, they did a lot of walking/running because they had to. It was a matter of survival. It was the means by which they got their dinner. If they were unsuccessful in getting dinners they *became* dinner - for another creature!

In today's world such automatic sanctions for lack of physical fitness are rare. It is quite possible to live a lifetime as a physical fitness zero and never be embarrassed by a situation where your physical abilities are found wanting. But just think about this: in an air crash, do you want to be the last one to get out of the emergency door?

Longevity:

Recent, carefully controlled Finnish studies over many years on identical twins have demonstrated what many people have long suspected - that physically fit people live longer than those who are not.

In any given period, 'Sedentary' people were 1.3 times as likely to die as the 'occasional' exercisers and *nearly twice* as likely to die as the 'conditioning exercisers'. The figures

were the same for both men and women.

The exercise criteria were extremely modest:

- 'conditioning' exercisers exercised for a minimum of 30 minutes, 6 times a month,
- 'Occasionals' exercised even less than the 'conditioners' but did *some* regular exercise,
- 'Sedentary' people claimed not to exercise at all.

We do not know the effect on longevity if regular physical activity be raised to the level of our prehistoric ancestors, but the suspicion has to be that it is yet further improved.

Stress, depression and mood

Anecdotal evidence is now confirmed by an understanding of human biochemistry. Physical exercise has a beneficial effect on a whole range of hormones that regulate mood.

Exercise modulates hormones that act on serotonin receptors so helping to lift depression. It brakes the production of stress hormones such as cortisol and adrenaline. Reducing these two hormones not only reduces feelings of panic and stress, it also reduces the knock-on effect: production of insulin and all the damage that that does.

Finally, carried to an extreme, endurance runners reach a 'high' where their bodies are producing morphine-like substances, giving them a tremendous feeling of well-being.

Exercise is good to improve feelings of well-being

Next month: The optimum exercise pattern

News from the Labs

Infant Formulas Lack Fatty Acids for Intelligence

The supplementation of infant food with long-chain polyunsaturated fatty acids (LCPUFA) may improve infant intelligence, according to the results of a prospective study published in the August 29th issue of The Lancet.

Dr. P. Willatts and colleagues at the University of Dundee in Scotland believe LCPUFA affect early neural development.

Conventional infant formulas do not contain LCPUFA because experts have long assumed that newborns synthesize these fatty acids from linoleic and alpha-linoleic acid using enzymatic pathways. However, recent research suggests that "...these enzyme systems may be inefficient during the first months of life," the authors write.

To investigate, the researchers randomized 44 term infants to either LCPUFA-supplemented or non-supplemented formula from birth to 4 months of age.

Intelligence tests conducted at 10 months of age suggest that "...an infant's three-step problem-solving ability is significantly improved if the food formula has been supplemented with LCPUFA,"

Source: Lancet 1998;352:688-691

Our View?

Nature knows best! Yes, the best nourishment for a new-born is its mother's own milk. Her milk contains a whole plethora of compounds, yet to be identified, but which are certainly there for a purpose.

The infant formula companies are getting cuter all the time at producing an artificial milk that mirrors closely the human variety. However this study shows that there is still much to learn.

Easy Snack

Sautéed Mushrooms

Take two large, whole, portabella mushrooms and wipe the cap carefully with a damp kitchen towel. (Don't wash.) Carefully cut off any soiled part of stalk.

Heat a tbs. of olive oil in a large frying pan or saucepan. Carefully place the mushrooms, cap down, into the hot oil.

Squeeze the juice of half a lemon into the up-turned caps. Lightly sprinkle with salt and pepper.

Cover the pan and cook very gently for about 10 minutes, or until the mushrooms are cooked through.

Carefully lift out the mushrooms taking care not to spill the juices that have formed inside the cap.

After eating the mushrooms, the juice is good to eat with a teaspoon.

The same procedure works with most other varieties of mushroom.

Success Stories

"After three days on your program, it was like a veil lifting from my brain. For the first time in years my mind was operating at a clarity and alertness that I thought was lost for ever!"

Constance, a trim fiftyish woman had been making serious efforts to eat in a healthful way. However, she had bought into the current ideology which encouraged the consumption of 'complex carbohydrates' such as whole-grains and pasta.

Constance had even invested in various kitchen gadgets designed for making bread and pasta at home.

This high carbohydrates diet was giving her the 'sugar blahs' and worse, increasing her weight.

It was a simple matter to get Constance to remove the bad carbohydrates from her diet and replace them with 'good carbohydrates' - basically vegetables and fruit.

From that time on, her blood sugar levels were under control, the sugar depression lifted, and her weight came under control.

Sugar Cop

or: rooting out hidden sugar

The manufacturers infiltrate sugars into almost every processed food. Added up, it is a major health hazard. Some examples:

Trader Joe's has a line of smoked salmon 'free of preservatives, artificial color and ingredients'. Nothing in the publicity labeling suggests that the content of the package is anything other than just smoked salmon.

However the Ingredient List written in print this big, reveals the fact that the smoked salmon has been injected with high fructose corn syrup and honey!

The same company has a line of canned chopped tomatoes 'flavored with garlic and onion'. Again no mention of sweeteners. However the ingredient list written in print this big reveals the presence of 7 tsp. of sugar in the 14 oz can!

Moral? Read the fine print!

Reader's Questions

Q *Milk: I like to have a small amount in my coffee. Is this all right?*

A Yes, Let's keep a sense of proportion. Milk in bulk (more than a cup a day, say) is a Public Health menace.

But if you are in good health then milk in 'condiment' quantities is OK.

Most people who are lactose intolerant can 'tolerate' a couple of teaspoons a day in a hot drink. While you are about it, use whole milk - if that's your fancy. The amounts of saturated fat and protein are not significant.

Q *You say that spaghetti is a 'good' carbohydrate. How can this be? And what about other pastas?*

A A lot of research has gone into finding out why spaghetti, even though made from wheat, has a much lower glycemic index than other wheat products.

For example, in experiments, bread and spaghetti has been made from the identical pasta wheat flour. The bread had a high glycemic index. The spaghetti a low one.

The low glycemic index for spaghetti appears to be due to the way it is manufactured. Spaghetti is extruded at high temperature and pressure through metal dies. This causes the spaghetti to be slower digesting.

As for other pasta products, they are marginally less good, but still a lot better than bread. As a rule of thumb, the thicker the pasta the better.

The pasta story is an example of a totally unnatural foodstuff, nevertheless turning out to be quite admissible in the human diet.

Q *Are frozen vegetables as nutritious as fresh ones? I have*

always avoided eating frozen ones, believing that they are very inferior.

A The reality is that nothing beats picking the vegetable straight off the plant and eating it just like our ancestors did.

One of the compromises we have to make, living in a high population-density world, is to accept that other people grow the food and get it to us.

Mostly, frozen vegetables have been blanched and packaged within hours of picking. The blanching destroys some enzymes. On the other hand, the freezing does a good job of conserving nutrients and plant structure.

Fresh vegetables are inevitably a few days old by the time they get to your table. They have lost enzymes and nutrients too.

The bottom line is that either foodstuff is as good as the other. This has been recognized in recent guidelines from the FDA.

Does this 'deterioration' matter? Again it is a question of keeping a sense of proportion. By far the most important thing a human being can do is to be eating large volumes of vegetation whether frozen or fresh. Don't forget that an important part of your vegetation intake is salads - which are raw anyway.

Q *I see that melons have a high glycemic index. Does this mean that we should never eat them? This seems a pity as they are so full of beta carotene and phytochemicals.*

A Again - it's a question of keeping a sense of proportion. Melons, have a high G. I. But this is mitigated by a low carbohydrate density (about 6%). One good 8 oz (225g) slice of melon yields 14g (3 tsp) of glucose. That is still in the zone where a healthy person's sugar control mechanism remains unstressed.

If melon is the only bad carbohydrate in the meal then, don't worry about picking it out of the fruit salad.

On the other hand, certainly avoid excesses like a 'watermelon diet'.

A slice of melon to start the day is perfectly acceptable. Remember, it is wise to eat melon alone and on an

empty stomach. Otherwise digestive difficulties will occur.

Message: eat melons in small quantities. That way you get the best of both worlds: a good dose of micronutrients - but no sugar rush.

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.

Carnation

Coffee Mate

INGREDIENTS:

CORN SYRUP SOLIDS, PARTIALLY HYDROGENATED VEGETABLE OIL, (MAY CONTAIN ONE OR MORE OF THE FOLLOWING OILS: COCONUT, COTTONSEED, PALM, PALM KERNEL, SAFFLOWER, CANOLA OR SOYBEAN) SODIUM CASEINATE (A MILK DERIVATIVE) DIPOTASSIUM PHOSPHATE (MODERATES COFFEE ACIDITY) MONO- AND DI-GLYCERIDES (PREVENT OIL SEPARATION) ARTIFICIAL FLAVOR, ANATTO COLOR.

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