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Private Newsletter

Iceberg for bones; Success stories; Nutty Rations; Darwin's Nutri-Grain; Collard Provençale; Calorie Innumeracy; "Vitamin O" Con; Grandmother's for survival; Q&A— misleading advertising, evening primrose oil, organic chicken; Goal-keeping - I ; Feature Article II - Cardiovascular Disease; Dining out strategies - I; Kettle popcorn; Boron for Bones; Vitamin C fallacy; Nutri-Grain exposed; Events.

News this Month

Lettuce Cuts Hip Fractures

In the 10-year study of more than 72,000 nurses (The Nurses Study) researchers from the Harvard School of Public Health, found that "Women who consumed lettuce one or more times per day had a significant 45% lower risk of hip fracture than women who consumed lettuce one or fewer times per week". Vitamin K was identified as the helpful agent

"The food items... that contributed the most to dietary vitamin K intakes were iceberg lettuce, broccoli, spinach, cabbage, romaine lettuce, Brussels sprouts, kale and other greens.

SOURCE: *American Journal of Clinical Nutrition* 1999;69:74-79.

Yet another study showing that good bone health has everything to do with the good consumption of vegetation and very little to do with the consumption of calcium tablets.

Our Pleistocene ancestors had no access to calcium tablets yet they had excellent bone health. The secret? A high vegetation diet.

There is a delicate machinery in the body that is removing and replacing calcium in the bones all the time.

Today, through dietary errors, we derail that machinery by encouraging abnormal production of hormones like undercarboxylated osteocalcin. This hormone instructs bone cells to release calcium into the blood-stream.

Eat Naturally and don't give osteoporosis a second thought!

Success Stories

Calories into Kilowatts

L J of Rancho Mirage writes:

'We attended your lecture at the Eisenhower Hospital last week. I got your book, and have followed your recommendations for 10 days. I have lost 4 pounds, and have as much or more energy as before.'

F B of Carpentras writes:

"I can't believe it! I now take a pile of fruit to work every morning. I don't get hungry, I have more energy, I feel more alert and I don't get the 'mid morning slump'.

Good news. You can see that by Eating Naturally, you can still eat as much as you like - just differently - and lose weight and gain energy.

Hints and Tips

The Natural Eater consumes 2 to 4 oz of raw nuts each day. They are full of micro-nutrients and essential fatty acids. However, nuts are 50% fat, so don't over-consume them.

Each morning measure out your ration (about a teacup) and stick to that and no more. Take it with you to work -- or to eat on the run.

Stop Press

The brand new **Introductory Guide to Natural Eating** has just been published.

The 32 pages of highly readable information on the essentials of Natural Eating are available from the contact details on page 6.

Darwin Food Label

Only the fittest survive...

Study the ingredient list and find the pitfalls. Analysis on Page 6.

Kellogg's™
Nutri-Grain

CEREAL BARS
NATURALLY
LOW FAT

No preservatives



American Heart Association

WITH NATURAL AND ARTIFICIAL FLAVORS
9 VITAMINS AND MINERALS
EXCELLENT SOURCE OF CALCIUM

Nutrition Facts

Serving size 37g
calories 140
fat calories 25
Total Fat 3.0g
Saturated fat 0.5g
cholesterol 0mg
Sodium 110mg
Total Carbohydrate 27g
Dietary Fiber 1g
sugars 13g
Protein 2g

INGREDIENTS: Filling (high fructose corn syrup, strawberry preserves [high fructose corn syrup, strawberry purée], glycerin, blueberry preserves [high fructose corn syrup, blueberry purée concentrate, water], fructose, water, malto-dextrin, modified corn starch, natural and artificial strawberry and blueberry flavors, citric acid, sodium alginate, calcium phosphate, xanthan gum, soy lecithin, malic acid, red # 40, lake blue # 1), enriched wheat flour, sugar, partially hydrogenated soy bean and/or cottonseed oil, whole oats, high fructose corn syrup, honey, corn cereal (milled corn, liquid sugar, high

fructose corn syrup, salt, malt flavoring, calcium pantothenate), calcium carbonate, dextrose, non-fat dry milk, salt, cellulose gum, leavening (potassium bicarbonate), natural and artificial vanilla flavor, soy lecithin, wheat gluten, potassium carrageenan, modified wheat starch, guar gum, molasses, niacinamide, zinc oxide, reduced iron, pyroxidine hydrochloride (vitamin B 6), riboflavin (vitamin B2), vitamin A palmitate, thiamin hydrochloride (vitamin B1) annatto color, and folic acid (folate)

C, and beta carotene. Added bonus? Your ration will contain 350 mg of calcium to boot.

Onion is rich in numerous anti-cancer agents, like quercetin, a powerful anti-oxidant.

Garlic has antibiotic properties and contains substances that lower blood pressure, blood cholesterol and blood clotting.

Tomato (even the canned paste) contains lycopene, a powerful antioxidant.

The company says that the 'O' stands for 'oxygenation'. Vitamin 'O' is supposed to 'oxygenate' the body.

However Independent analysis shows, and the company admits, that the product is nothing more than salt water!

Yet the company has many satisfied customers...

This is a great testimony to the gullibility and suggestibility of human beings. And no doubt the success of the 'cure' is directly related to the high price.

What about the dishonest claims and pseudo-medical testimony?

Just know that there is no Government agency that oversees charlatans and snake-oil merchants. The consumer is on his own -- *caveat emptor* - buyer beware!

Phew! The Kellogg's laboratory technicians had fun devising that witches' brew! Now turn to page 6 to get the low-down.

Misconceptions of Old-School Nutritionists

Calorie Counter

Most people who have been trained as 'nutritionists' are stuck in a time-warp of discredited dogma. In this occasional column we answer some of their misconceptions. For example:

"Inadequate energy intakes may result from the consumption of the large amounts of low energy density foods"

This remark shows just how old-school nutritionists are trapped by their mindset into making an internally contradictory statement.

That's the whole point about the way our bodies are designed: - eat large amounts of low energy-dense foods and the calories add up just right!

It's as though the current neurosis about "getting enough energy" hadn't already been comprehensively discredited by the weight of exponentially increasing obesity in the general population!

Anthropological Notes

National Academy of Sciences:

Grandmothering key to human life-span

Humans are unusual in that mothers have to continue finding food for a child after she has weaned him.

Among hunter-gatherers, deep-buried tubers are a year-round staple. Young children need an adult to get at them. Their mothers do so well at it that they can both feed themselves and their children as well.

It is hypothesized that post-menopausal women are even more useful. They can not only feed themselves but also help the mother feed her children.

Simple Food Fix

Collard Greens Provençale

- 1 lb collard greens, frozen
- ½ lb chopped onion, frozen
- 4 oz tomato paste
- 2 cloves garlic, crushed
- 2 tsp. Provençale Herbs (mixture of thyme, basil, oregano, bay leaves etc...)
- 2 tsp Olive Oil

- In a saucepan, sauté the onions in the olive oil until defrosted and tender
- Meanwhile defrost and cook the collard greens for 10 minutes in a microwave oven.
- Add the collard greens, tomato paste and herbs to the onions. Stir and cook for a further 10 minutes.

Eat hot or cold. Serves Two.

Comment:

This is an excellent, highly nutritious dish. Eat it on its own as a snack, as the centerpiece of a main meal, - or as a stuffing to a wholewheat pita pocket.

The collard greens are a 'super-vegetable', rich in all those zillions of phyto-nutrients such as lutein that feed the immune system and help prevent cancer and other degenerative diseases. They also are rich in vitamin

Buyer Beware

Vitamin 'O' 'snake-oil'

A hot selling product at fancy prices is so-called vitamin 'O'. The American manufacturer makes many claims for the efficacy of this 'vitamin'; that it cures everything from migraines to arthritis to heart disease.

Vitamin 'O' does not exist as a scientifically accepted name for any known vitamin. So what is vitamin 'O'?

This suggests an answer to the riddle of menopause in humans. The natural female lifespan is about 100 years - doubling the pre-menopausal years.

Unlike humans, other apes live no longer than about 50 years. Their fertility fails at the same time as all other physiological functions. A late-born chimpanzee rarely survives the death of its mother.

In humans, child survival depended on the food gathering abilities of grandmothers, especially if, in the meantime the mother had died.

Source: Proc. of the National Academy of Sciences; Hawkes; vol. 95; February 1998

Comment

And grand fathers? Men, although they could father children to an advanced age, did not contribute so much to the child's survival. They paid the penalty in a lower life expectancy!

In the human species, male life expectancy is 4 to 5 years lower than for women. But, for either sex, dietary errors in the West have undermined the 'natural lifespan of 100 years'.

'Eat Naturally', like our Pleistocene ancestors, for longevity.

Reader's Questions

Q. What can be wrong with a product like Nutri-grain – it has such a healthy image!

A. This is such an important question that we have made it the subject of this month's Darwin Label!

It is a graphic example of how vigilant a shopper has to be. Food companies (like Kellogg), have one agenda – to get you to buy their product – and having bought it, to be so pleased as to keep coming back for more.

They are not really interested in your long-term health or the state of your teeth! If it is legal, and not immediately poisonous, then it is fair game.

They will use every device to get you interested. They know that people are attracted to the idea of 'Healthy' foods – particularly if they taste good!

So they put the best face possible on their product. They use attractive packages, attractive words and attractive images to give you the *impression* that the product is healthy. They use these devices to dull your critical faculties. They don't want to reveal the drawbacks!

It has taken governments a hard battle to get the food labels put on manufactured foods. Learn to read them! Your agenda is different. You are interested in your long-term health. The onus is on the consumer to make wise choices.

Check out the dissection of the Darwin label to see how, quite legally, manufacturers can deceive the unwary consumer.

Q. What is wrong with Evening Primrose oil? I thought that it was the new wonder supplement!

A. Evening primrose oil is rich in GLA, a downstream conversion of linoleic acid. In a very few people, who have a bio-chemical dysfunction, this conversion is not carried out properly.

Such people often suffer from arthritis – a deficiency disease of essential fatty acid. Such people can experience a 'miracle cure of their arthritis with Evening Primrose oil.

However, for the vast majority of people, their diet is already overloaded with linoleic acid (from the bad omega six oils like corn, sunflower, peanut oil) – and they are already producing *too much* of their own GLA.

This causes its own problems – since it flips the switch against the metabolism of the other essential fatty acid – alpha linolenic.

Most people on a Western diet are malnourished in alpha-linolenic acid and as a result suffer from such conditions as high cholesterol levels, 'thick blood' (clots), depressed immune system and cancer susceptibility. Worse, they lack the production of certain anti-inflammatory compounds – only making the arthritis worse!

Bottom line: The sorcerer's apprentice syndrome again! Taking Evening Primrose oil as a magic wand to fix one problem will probably not have the intended effect, but will have all sorts of unintended, and worse, side effects.

Q. What about organically fed, free range chicken? Will it have essential fat, or only saturated?

A. Chicken, particularly skinless breast, is low fat. It can be as low as only 4% fat. This is about the level for which we are genetically programmed.

Is it rich in essential fatty acids? We don't know! It largely depends on what the chicken was fed on -- and the producers don't tell you (yet) -- nor do they give you a fatty acid analysis on the packet.

So the bottom line is that chicken (or turkey) breast (particularly) is OK but don't count on it for essential fatty acids.

Is the organic/free range aspect of it important? From a purely pragmatic, nutritional point of view probably not, since we don't have the data on which to make a judgment. However from a humanitarian point of view we should always favor the free-range bird.

The unspeakable conditions under which battery hens are produced doesn't deserve the consumer's complicity and encouragement.

New FDA regulations are coming out (early spring) that widen the meaning of 'organic' meat to exclude the use of antibiotics and restrictive cages.

This will be a major step forward in assuring a safer and humane meat supply.

Courage to the Sticking Post

Changing the way you eat means that you have to confront and change ingrained habits and attitudes. It's not straightforward! We need to focus our energies where they will have most effect.

1. Set specific goals and keep to them.

Fix a simple goal: like the resolution to eat at least one salad per day. Then stick to it! Gradually enlarge on it. Make that salad bigger until it fills a heaped 12" dinner plate. (That's large).

Then try eating a salad like that at different times of the day.

Once you have broken old habits and safely established the new one, then you can move on to a new goal.

Feature Article – Natural Eating for Disease Control – II

Last month we looked at the food/arthritis connection. This month we look at cardiovascular disease

CARDIOVASCULAR DISEASES:

heart disease, atherosclerosis, thrombosis, strokes, high blood pressure...

These diseases are stereo-typical of modern civilization. They are unknown amongst the 'primitive' tribes, like the Australian Aborigines, the Tarahuramas, the Hunzas and even the Eskimo. As far as we can tell, they were unknown too amongst our Pleistocene forebears. What is at the root of these illnesses? The main problem is to do with the disturbing of hormonal balances. Particularly hormones like insulin, thrombin and adrenaline. When these are floating around in the bloodstream in abnormal quantities, they create mischief. What do they do? They act on the walls of the blood vessels in many ways, with the net result of causing the production of plaque and blood clots.

Tip: People who live in hard water areas have lower levels of arterial disease. The more your water pipes fur up, the less your arteries fur up!

It seems that calcium is best absorbed in small quantities drip-fed in throughout the day - and calcium absorbed this way is artery helpful.

Referring back to Chapter Five, the main culprits are the Bad Carbohydrates and the Bad Fats. They are quite unnatural foods for humans to be eating and, as luck would have it, they do have an extremely deleterious effect on human bio-chemistry.

HELPFUL FOODS - definitely favor
All Unrestricted Salads and Vegetables: see manual.
All Unrestricted Fruit: see manual
Omega 3 oils (moderation): canola oil, walnut oil, flaxseed oil, ...
Oily Fish (moderation): salmon, tuna, sardine, mackerel...
Nuts (moderation): particularly walnuts
Sundry: tea, ginger, red wine (moderation!), hard drinking water.

How reversible are these diseases? That depends. The main objective has to be to stop the rot. The risks of strokes and thrombosis can be quickly reduced by changing dietary habits. Thromboxane, the hormone chiefly implicated, is reduced almost overnight by cutting out bad fats. High blood pressure is brought down to a greater or lesser degree over a few months. Reversing arterial damage is more problematic. Here the emphasis has to be on stopping further deterioration.

UNHELPFUL FOODS – cut down!
Meat: farm meat is high in saturated fat and animal protein is atherogenic (harms arteries). Cut down: beef, lamb, pork, bacon, sausage, ham, salami and other cold meats.
Dairy: milk proteins raise cholesterol levels even more strongly than meat. Cut down: milk and its products including: skimmed milk, buttermilk, yogurt (fat-free or not)
Other animal protein - limit: poultry, cheese.
Bad fats - cut out: lard, shortening, dripping, butter, margarine, spreads, cream, whole milk, full fat yogurt, palm oil, coconut oil, transfatty acids, hydrogenated fats.
Omega 6 Vegetable oils - cut out: sunflower oil, safflower oil, corn oil, peanut oil, evening primrose oil etc....
Bad Carbohydrates - cut out: cereals, bread, pastries, sugars, honey etc... (see table 5 appendix 1)
Iron: too much iron in the diet is a strong risk for heart failure. Cut down on red meat, and iron supplements.
Salt: many people are 'resistant' to salt. However, salt also has artery corroding properties and other drawbacks too. Best to reduce .

However, the story is not yet finished: proteins and where they come from is also significant. Animal protein has a strongly atherogenic (artery damaging) effect, and milk protein (casein) is the worst. These therefore are to be avoided. And plant proteins? Guess what! Plant proteins are helpful to the artery walls and soy protein is the best.

So the main strategy is to eliminate Bad carbohydrates, animal proteins and Bad fats from the diet and stop further corrosion of the cardio-vascular system. Just by doing that, the body can start to repair some of the damage.

However the task is accelerated if the body has correct supplies of other nutrients. This is where fruit, salads and vegetables come in! Remember at the start of this chapter there was a lot of talk about anti-oxidants? We particularly need these to stop free radicals damaging the walls of the arteries. Furthermore, plant foods together with their fibre get the body's cardiovascular hormones functioning in harmony.

So much for arteries, thromboses and strokes. What about high blood pressure? Contrary to popular wisdom, salt is not always a culprit. However, salt does other damage too, like to the arteries, so it is best avoided. High blood pressure yields well to a high plant-food diet. Here we go again! Studies, (such as the 'DASH' study) demonstrate that a diet high in fruit and vegetables significantly reduces blood pressure.

And what do studies of the long-lived, healthy races of the world show? Studies on tribes such as the Vincambamba of the Andes, and the Tarahumara of Mexico, show that these peoples have low blood pressures and extremely low incidence of cardio-vascular disease. Rarely do their blood pressures exceed 130/75, even amongst centenarians. And these peoples have 13 times the rate of centenarians as America!

How do these peoples live? Plenty of physical activity - and a diet very close to the Natural Eating pattern! They eat plenty of plant food, eat little or no meat, and little or no milk...

cardiovascular diseases OTHER UNHELPFUL LIFESTYLE ACTIVITIES
Stress: stress causes the production of adrenaline and cortisol. Both these in turn promote the production of insulin. Insulin is the villain at the centre of 'syndrome X'. Managing stress manages heart disease! Cortisol and adrenaline also cause cardiovascular damage directly.
Smoking: no need to remind people that smoking causes blood vessels to constrict and it promotes the deposition of arterial plaque.
Dental Diseases: gum disease and mouth bacteria play havoc elsewhere in the body, slipping into the bloodstream and eventually helping form clots that can bring on heart attacks and strokes.
Alcohol Abuse
Lack of exercise: people who exercise have higher levels of blood thinning and artery protecting hormones in their blood, Their arteries are more elastic too. Walking 2 miles a day cuts the risk of dying in half for male retirees.
Obesity: Obesity is an independent predictor of heart disease. Reducing obesity directly reduces risk of cardio-vascular disease. Slim down!
Extreme fatigue: People who drive themselves to a state of extreme fatigue produce abnormal quantities of plasminogen activator inhibitor (PA1). which impairs the body's ability to break down blood clots. Take it easier!

Next Month: Cancer and Immune System

Dining Out

Eating out need not be a challenge – so long as you are doing it to a plan.

1. Fill up on Low Density foods to start with.

Start your meal with a mixed salad or light soup. Have a second portion if necessary. Avoid heavy dressings and the breadbasket.

The goal is to get a feeling of satiety on 'safe' foods before you tackle the main course, or get tempted by the desserts.

Hoodwinking

There are many examples in this newsletter of the way in which the ordinary consumer is misled by the food marketer's sleight of hand. Here is another.

Kettle Popcorn

This fast-selling popcorn owes its success to one great marketing ploy: the salespeople proclaim that only an oil approved by the American Heart Association is used – canola.

Absolutely right – canola oil is about the only one to use. Far better than any of the Omega 6 oils or worse, saturated coconut oil.

So people buy into this 'healthy' label.

But do they query the drawbacks? No! This popcorn tastes good – it is drenched in sugar!

So the bottom line is that this is still a vicious combination of bad carbohydrates – popcorn and sugar. And the consumer can be sure that his overworked insulin mechanism is busy locking that canola oil away as fat in his spare tire...

Bone Health

Boron for Bones

Just one more study to show that the conventional attitude to bone health (loading up with ever increasing doses of calcium) is simplistic to the point of scandalous misinformation.

The Human Nutrition Research Center in North Dakota reports that, without adequate boron in the diet, the body leaks calcium faster than you can put it in.

Americans, on average, consume only one half the daily requirement of 3 mg. of boron.

Where is boron, this obscure trace element, to be found? In fruits and nuts! Especially apples, pears, grapes, dates, raisins and peaches;

and almonds, peanuts and hazelnuts.

The message is more than ever reinforced. 'Eat Naturally' for bone health..

Common Misconceptions

"Vitamin C" makes sleep difficult."

No-one knows where this fallacy arose, not even the laboratories that make and sell vitamin C.

Linus Pauling, the double Nobel Laureate used to take 18g per day (foolishly in our view) with no ill effect on his sleep.

But more convincingly, no controlled study has ever demonstrated the presence of such an effect.

Darwin Label Exposed

Doesn't it all look so healthy and reassuring?

- "Nutri-Grain" - two 'healthy' hot-button words put into happy juxtaposition
- "Naturally Low Fat" - appealing to our neurosis against high fat intake;
- "Cereal bar" - hmm... sounds healthy enough

- “No Preservatives” - great - this product is all natural;
- “American Heart Association” - and that nice heart symbol, giving the impression that this august body has given the seal of approval to the healthy nature of this product.

The reality is rather different: How many of you made it to the end of that ingredient list? Not many we're sure – and we made it easy for you by making the print much larger. The original was in print this size! How many of you can read this even with reading glasses?

First lesson, be suspicious of any product whose ingredient list is more than a couple of lines – and especially if it is written in the smallest typeface legally allowed.

Secondly let's look at the American Heart Association. The sub-text is that this product *'meets the American Heart Association food criteria for saturated fat and cholesterol for healthy people over the age of 2'*.

OK, so this product is endorsed by the AHA. *But only inasmuch as the saturated fat and cholesterol are within safe limits.* What about all the other baddies? For those you are on your own!

So let's have a look at the other ingredients:

“High fructose corn syrup”.

This sugar, which is just as bad for health as the regular sort, is mentioned no fewer than *five* times! How about that for creative labeling? Split the description categories down so that it is buried deep within each one...

“Maltodextrin; sugar; molasses; liquid sugar; dextrose; malt”. Just more aliases for bad sugars. Again,

Kellogg's is deviously ringing the changes on the names so that no one of them is too prominent.

“Honey”.

Surely this is all right? It is a 'natural' product after all. Well, honey is right for bees! -- but to human biochemistry it is just another bad sugar.

So we can add up the damage: loads of cleverly disguised sugar! But we can tell that too just from the sugar content: 13g for a 37g serving. That is, the 'cereal' bar is 35% sugar!

Never mind what this sugar load is doing to your biochemistry – what is this sticky gunge doing to your teeth?

“enriched wheat flour” 'Enriched' sounds comforting does it not? But when you see this word, it should set the alarm bells ringing. It means that they have used a depleted white flour.

Not even proper wholewheat flour has been used in this 'healthy' bar! And they've even diluted this impoverished foodstuff by blending with **“milled corn”** (maize) – just about the emptiest calories around.

“Partially hydrogenated soy bean and/or cottonseed oil” Another alarm signal - “hydrogenated”. Yes, that word means a fat that is just as bad as “saturated” fat. But it slips through the net. It slips past the American Heart Association definition. So much the worse for you!

And **“soy bean oil and/or cottonseed oil”**? Yes they are your dreaded Omega 6 oils. To be avoided with almost as much assiduity as saturated fat.

“No Preservatives”? Quite so - although that's a bit disingenuous -- the salt and sugars are preservatives.

And don't imagine that the absence of preservatives means that there are no artificial colors and flavors. They are right there! -- like those gaudy chemicals “red # 40” and “lake-blue # 1”

Are there any redeeming features? Well, Kellogg's have spiced up their candy bar with an assortment of artificial vitamins and minerals - just a tawdry and inadequate attempt to hook the consumer with a 'healthy' image. Better by far to get these micro-nutrients through the consumption of the foods where they naturally occur – salads and fruit!

Bottom Line? This product is none other than a cleverly camouflaged candy bar, loaded with junk ingredients. Leave it on the supermarket shelf where it belongs!

Spreading the Word

Geoff Bond's Illustrated talks open to the general public:

Desert Regional Hospital, suite 105, JFK Medical Plaza, Bermuda Dunes on Thursday March 11th 1999 at 10.00. Details (800) 343 4535

American Standard Inc. (best known for its bathroom fittings, but much bigger in air-conditioning and automotive) issued the Natural Eating Introduction and Guide booklet to its 35,000 employees in the US during the second week of January.

Information, letters and queries:

Natural Eating,
69-115, Ramon Rd, #F1517
Cathedral City, CA 92234, USA
tel: +1.760.325 2835
fax: +1.760 328 8529
e-mail: admin@naturaleater.com

Web: www.naturaleater.com

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