

www.naturaleater.com

Private Newsletter

Youths' Old Arteries; Iron Rations; Nestlé's Darwin Cocoa Mix; Tooth Sense; Green Beans & Onion; Mineral Muddle; Frankenstein Foods; Sprouted Bread; Bananas For Monkeys?; Gut Wrench; Bad Fruit; Accountability Partner; The Cancer Connection; Starch Assertion; Lo-Protein For Kidneys; Kellogg Fodder; Milk Sick Bag; Nestlé Exposed; Upcoming Events.

News this Month

US youth - geriatric arteries

Atherosclerosis begins as young as age 15. Prevention of the disease should begin even earlier, according to researchers.

Dr. Jack P. Strong, of Louisiana State University, performed autopsies on 2,876 individuals between the ages of 15 and 34 who died of external causes. He documented the extent of atherosclerosis in this age group.

Artery damage was apparent in even the youngest subjects, those aged 15 to 19 years. They had lesions in 100% of the aortas and more than 50% of the right coronary arteries.
Source: JAMA 1999;281:727-735.

Comment:

This is yet another alarm signal about the state of the arteries of America's youth.

The alarm was first raised by Col. Enos who performed autopsies on young American soldiers killed in Korea in the early 1950's.

He was astonished to find that the young, fit, boys had advanced heart disease. The Korean soldiers had no such heart disease.

It was much later confirmed that the high US consumption of dairy products and meat was to blame.

The best health legacy that any parent can give to their child is a childhood free of dietary errors.

Sorcerer's Apprentice

In trying to 'fix' things, we often make them worse.

First: From the journal Nature.

Iron-spiked Plants

British and American scientists have isolated a gene that would increase the iron content of plants. This, the researchers believe is a good thing because many peoples of the world are deficient in iron.

This gene can be used to produce crops that have more iron in the parts that people eat, explained the researcher.

Source: Nature, Feb 25, 1999

Next: From the American Journal of Epidemiology

Iron spikes Heart Attacks

A diet, such as is standard fare in the West, is high in iron. It is found mainly in meat and meat products and it raises the risk of heart attack.

The investigators suggest that iron catalyzes the production of oxygen free radicals, thereby increasing the risk of cardiovascular disease.

Source: Am J Epidemiol 1999;149:421-8

Comment:

On the one hand we have scientists wanting to genetically engineer crops to have a higher than normal level of iron.

On the other hand we have scientists sounding alarm bells about the dangers of high iron consumption.

The scary thing is the mentality. The mentality that there is a problem, (but a false one) and that it can be fixed by artificially re-engineering our food supply. What a horror!

Darwin Food Label Only the fittest survive...

Study this food label and find the pitfalls. Analysis on Page 6.

Nestlé

Carnation

Rich
Chocolate
HOT COCOA MIX

Nutrition Facts:

Serving size: 3 tbsp. (28g)
calories 120, - from fat 30
Total fat 3g
 sat fat 2g
cholesterol - less than 5 mg
sodium 180 mg
Total Carbohydrate 23 g
fiber - less than 1g
sugars 18 g
protein 1 g

INGREDIENTS:

SUGAR, CORN SYRUP SOLIDS, PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OF MORE OF: COCONUT, CANOLA, COTTON SEED, PALM, SOY BEAN), SWEET DAIRY WHEY, COCOA PROCESSED WITH ALKALI, NON FAT MILK, CELLULOSE GUM, SALT, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, SODIUM SILICO ALUMINATE, MONO- AND DIGLYCERIDES, GUAR GUM, ARTIFICIAL VANILLA FLAVOR

Hints & Tips

Saliva repairs enamel

When you eat like our prehistoric ancestors, our saliva remains alkaline. In this state it remineralizes

the enamel of our teeth. It is a built-in self repair mechanism.

Today we tend to eat foods and drinks that are highly acidic, like grapefruit juice, orange juice, colas and pickles. These soften the enamel of our teeth.

Avoid brushing your teeth immediately after these foods - it wears away the enamel. Allow a couple of hours for the saliva to regain its alkaline state and the enamel to be toughened.

Simple Food Fix

Green Beans and Onion

- 1 lb cut green beans (frozen)
- 1 lb chopped onions (frozen)
- 4 oz tomato paste
- 1 tbs. pizza seasoning or similar (oregano, bay leaves, thyme, basil etc...)
- 1 tbs. canola oil

Method

In a large saucepan, heat the oil and sauté the frozen onion. Add the green beans and continue to sauté for 5 minutes. Add the tomato paste and herbs. Stir and cook for 2 more minutes. Serves 2.

Comment

This meal can be prepared very quickly and simply. The onions and beans are good vegetables.

If you are slimming avoid the use of oil. Simply sauté the onions in their own juices.

Learn to use herbs to provide exciting flavors.

The quantity provides 1 lb of vegetation per person.

Fallible Nutritionists

Mineral Minder

Most people who have been trained as 'nutritionists' are stuck in a time-warp of discredited dogma. For example:

"Many of the richest sources of major minerals are animal foods. To obtain nutritional adequacy very high levels of fruits and vegetables would have to be consumed"

This remark shows just how old-school nutritionists cannot escape from their mechanistic approach . There are even higher concentrations of minerals in some volcanic ash. Why don't they suggest we live on that?

The whole point about the way our bodies are designed is that we are to get most of our essential nutrients from fruit and vegetables – large quantities of them.

Animal foods of course ought to be a helpful part of our diet – it's just that what is available to us today, particularly with its cargo of bad fats, jeopardizes our health more.

Reader's Questions

Genetically Modified 'Foods'

Q. I hear a lot of argument about genetically modified foods (GMF's). What should I make of it?

A. Most of what we eat is already genetically modified - by hundreds, sometimes thousands, of years of hybridization and cross breeding.

Nevertheless, genetic engineering speeds up the process thousands of times. It also introduces genes from species that have nothing to do with each other - like fish genes going into tomatoes. Furthermore, anyone who works with genes knows that they are multipurpose. For example: in humans the gene for fair hair also controls for introverted personality. What could be a more unexpected side effect?

So genetic scientists are playing with an immensely powerful tool whose ramifications are only partly understood at the best of times.

The worrying aspect is this. Genetic modification is driven by agro-

industry. Their **motives** are driven by money. They want to create products that have an advantage over their rivals. It has to be **patentable** - so that they can be sure to get the development costs back and make a decent profit.

No agro-industrialist is interested in Organic Foods. There is nothing to patent - and even less to sell! Genetically Modified Foods are all to do with convenience of production (like extended shelf life, or herbicide resistance) and nothing to do with nutrient value.

For example, when they genetically modify a potato to be pest resistant what do they do? They give it genes that cause it to make **insecticides!** So the farmer can save on pesticides – even claim that he has used a lot less in the cultivation – but you, the consumer are eating more pesticide than if it had been sprayed on!

The Natural Eater should have nothing to do with genetically engineered products. We are organic creatures that have grown up in harmony with a particular pattern of naturally occurring vegetation and fauna. We are certainly not robots designed to run on the artificial creations of the bio-chemistry lab.

In the meantime, how do you know if you are consuming genetically modified food? The scandal is that mostly you can't find out. The FDA policy states that there is no need for special labeling.

The European Union is introducing a system of labeling for genetically engineered products. Meanwhile unmarked American GMF's, like soy bean, tomato paste and corn (maize) are filtering into the EU market.

To their credit, the Europeans, and particularly the British are scandalized by this infiltration of their food supply by the Frankenstein creations of Agro-Industry.

The outcry has been so great that major supermarkets and fast food chains are hastening to declare themselves GMF free zones!

Sprouted Bread

Q. We have found a bread that is sprouted grain (wheat, rye, corn, barley, oats) yeast, salt (also available without salt). What is your opinion?

A. The action of sprouting the grain has the effect of removing most of the gluten (wheat protein) in the bread. This is helpful for the many people who are allergic to wheat gluten. However it converts the bread into an even worse Bad Carbohydrate – the Glycemic Index is 90 as against 70 for ordinary bread.

All breads are to be treated with great caution. It is possible to incorporate some bread into the Natural Eating regimen, but concentrate on the whole kernel whole rye bread (read the fine print!) such as made by Rubschlager.

You can also use whole-wheat pita pockets. The advantage here is that although they are made from a high G.I. bread, the proportion of bread to the filling (of, say alfalfa sprouts) is very low.

Bananas for Monkeys?

Q. Bananas are not mentioned in your fresh fruit list...is this intentional? If so, how come gorillas and monkeys etc. eat so many?

A. Bananas don't make the 'Food for Consuming in Bulk' list because they don't make the 'good carbohydrate' category. Depending on ripeness their glycemic index varies from 45 (green) to 60 (ripe). This is in the 'Borderline Category'.

Bananas are in fact quite starchy, and the starch is converted to sugar as they ripen. It is OK to eat say one or perhaps two bananas at a sitting, but certainly avoid pigging out on them or drinking the juice by the pint.

Incidentally, it is a fallacy to think of bananas as being a natural food for either gorillas or humans. Bananas are native to the Malaysian archipelago and only entered the diet of humans (and captive gorillas) a century or two ago.

Irritable Bowel Syndrome

Q. Food allergies: I suffer from what appears to be Irritable Bowel Syndrome. I am affected mostly by bread, although pastry sometimes affects me...do you think this style of eating can reduce or eliminate the problem?

A. Certainly, allergies are strongly influenced by dietary errors. There are foodstuffs that the human body was never designed to cope with, but more insidiously, they can upset the body's delicate control of the immune reaction.

Irritable Bowel syndrome is just such a condition that yields to a return to eating patterns appropriate for the human body. One lady had a 'miracle cure' after suffering from IBS for over 20 years. Her problem was an allergic reaction to wheat gluten.

Cereals were never part of the human diet and we handle them badly. *Wheat* is the commonest allergen around. This is followed closely by *dairy products*. Cut both these out!

Eat Naturally and you will certainly stack the deck of cards in favor of resolving your condition. Report back after a month – if you still have a problem, then there are other suspects that can be eliminated too.

Unfavorable Fruit & Veg.

Q. Why are bananas, mangoes, parsnip, beetroot (beets) for example omitted from your list of 'Good Foods to be Eaten in Bulk' (page 21)? Why do potatoes get such a bad press?

A. In the Survival Manual you will find a table of 'Good Foods to be Eaten in Controlled Quantities'.

There you will find bananas, mangoes, beetroots (beets) and indeed many other fruits and vegetables, like swede (rutabaga), melon, pineapple and papaya etc... They are not free range foods because of their Border-line or plain Bad glycemic index.

For the same reason potatoes get the bad rap. They have a high (Bad) glycemic index, particularly when baked or dished up as french fries and chips.

High Glycemic Index foods set the insulin roller-coaster off, leading to all the ills of hyperinsulinemia – like poor weight control, obesity, immune dysfunction, high cholesterol, high triglycerides, scarred and blocked arteries, allergies, diabetes, osteoporosis etc...

But having frightened you with that spook-list, *modest* quantities (one serving) of one (only) of these foods at a sitting is unlikely to trigger this reaction in a non-diabetic.

So you can enjoy one good portion of water-melon, or of pineapple or of baked potato, but don't have them together at the same meal!

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.

2. Have an accountability partner to whom you report on progress.

Tell your spouse, colleagues at work or a friend what you are trying to do. *Commit* yourself to your program. Keep them informed at regular intervals of your progress.

Let them know the strategies you are using and the ones that you plan to use. Enlist their help and assistance to support you in your endeavors.

Feature Article – Natural Eating for Disease Control – III
THE FOOD/CANCER CONNECTION

There is a huge body of scientific studies to show that our eating habits strongly determine our susceptibility to a wide range of disease. In this series of articles we summarize these results.

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

CANCER

We are all walking around with pre-cancerous cells in us. The only reason that they are not expressed is because our immune system is keeping the lid tightly closed on them. Even when they are expressed, sometimes a dramatic regression of the cancer can be achieved by getting the immune system up to speed - and also by not undermining it with unnecessary tasks.

Cancer is a modern disease. Remarkably, for all the tens of thousands of mummified ancient Egyptian bodies studied, no sign of cancer has been found. The same is true when we look at peoples who live in the traditional primitive way. Why should this be? Why should cancer be a disease of modern industrial societies?

We can be fairly sure that the primary reason is the way we eat. Added to that are certain life-style factors like smoking, obesity, lack of exercise, and alcohol.

All the research shows that a diet that is high in plant foods is the best protection against cancer. For the Natural Eater, the reason is simple – our bodies were designed to work that way! Nevertheless, scientifically, we like to know the detail of how and why. We know that the anti-oxidants and other phyto-chemicals are important. But they are only effective if eaten as plant food - and not when taken as supplements! It is clear that there are many more essential compounds in plant food that we still don't know about. We do know that they all need to be present *together* to be effective. Some specific compounds:

Researchers at Johns Hopkins have confirmed that *sulphurophane* blocks cancer growth. It is found concentrated in broccoli sprouts, and in good quantities in broccoli and the other cruciferous vegetables: cabbage, cauliflower and brussels sprouts. Harvard researchers find that the carotenoid *lycopene*, found particularly in tomatoes protects against prostate cancer. Other research shows that *allicins* found in onions and garlic are protective.

Another helpful practice is to avoid saturated fats and omega 6 oils. They depress the immune system. On the other hand studies show that an adequate supply of the essential fatty acid, alpha linolenic acid ('omega 3' oil) reinforces the immune system and is protective for cancer.

In fact, a low fat diet is a prerequisite for a healthy anti-cancer diet

The anti-cancer diet is high in fruit and vegetables and low in fat

HELPFUL FOODS - definitely favor

All Unrestricted Salads and Vegetables. (See Table 7, Appendix 1 of Survival Manual)
Especially: broccoli sprouts. Important: broccoli ,tomato, onion, garlic. Also: cabbage, cauliflower, brussels sprouts, collard greens, bok choy, etc.

All Unrestricted Fruit: (See Table 7, Appendix 1of Survival Manual) apples, oranges, pears, cherries, strawberries, plums, ...

Omega 3 oils (moderation): canola oil, walnut oil, flaxseed oil, ...

Oily Fish - (moderation): salmon, tuna, sardine, mackerel...

Nuts - (moderation): almonds, walnuts, brazil, hazel...

Sundry: Tea, ginger, red wine (moderation!)

What about *breast cancer*? Everything said about cancer in general applies to breast cancer in particular. Nevertheless there are some special remarks to be made.

Remember the saying that 'we are what we eat'. A woman's breasts furnish a good example. A woman who eats a lot of saturated fats and trans-fatty acids (hydrogenated fats) has more of those Bad Fats stored in her breasts. Such women are at much higher risk of developing breast cancer. *Cut out the bad fats, margarines, milk, etc...!*

Secondly, the insulin connection. High insulin levels increase the number of estrogen receptors in the breast by a factor of 12! This is a formula for increased tumor growth and proliferation. Moral? Keep insulin levels within normal limits - *avoid the Bad Carbohydrates!*

Finally the anthropological connection: breast cancer is practically unknown outside the West. You don't even have to clamber over the Himalayas or the Andes to find peoples who live breast-cancer-free (they do). Take a comfortable plane to Tokyo, Singapore or Hong Kong, and you will immediately be amongst peoples who live longer than Westerners do, and whose women do not suffer from breast cancer. Their secret? They eat very little meat, and no milk, butter, cheese, yoghurt. *They have very low-fat diets.*

UNHELPFUL FOODS

Bad Fat - cut out: lard, dripping, butter, palm oil, coconut oil, cream, milk, margarine, spreads, trans-fatty acid, hydrogenated fat.

Omega 6 Vegetable oil - 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.

Red Meat - cut out: Beef, lamb, pork, bacon, sausage, ham, salami, bologna etc...

High Meat diet: These are associated with higher risk of cancer

OTHER UNHELPFUL LIFESTYLE ACTIVITIES

Bad food combining: a leaky colon undermines the immune system. Bad intestinal health leads to colon cancer and diverticulosis.

Stress: stress causes the production of adrenaline and cortisol. Both these in turn promote the production of insulin. They also cause damage in their own right.

Smoking: hardly any need to remind people that smoking, amongst other things causes blood vessels to constrict and promotes the deposition of arterial plaque.

Alcohol Abuse: some 10% of cancers are attributed to heavy consumption of alcohol.

Lack of exercise: some 10% of cancers are attributed to lack of exercise

Overweight: some 10% of cancers are attributed to being overweight. If you were overweight as a child then your risk of cancer goes up.

Lack of sleep: sleep deprivation lowers the percentage of natural killer cells in the blood.

Next Month: Diabetes

Dining Out

Eating out need not be a challenge -- if you do it to a plan.

2. Always ask the waiter to replace the bad starches.

One of the greatest danger eating out is the over-provision of bad carbohydrates.

A common device, particularly among the cheaper restaurants, is to pad out an impoverished and inadequate menu with cheap carbohydrates.

Be resolute and ask for the french fries, potato, rice, sweetcorn, muffin and toast to be taken away. Ask for them to be replaced by green vegetables.

It is surprising how understanding and helpful most eating establishments are to accommodate this kind of request.

Surprise, Surprise

A strict low-protein diet helps kidney failure patients.

In a recent study, kidney failure patients were put on a low protein diet.

The diet consisted mostly of fruits and vegetables; it excluded such high-protein foods as meat, fish, poultry, cheese and milk.

The findings are in sharp contrast to current practice. Mortality was only 2.5 percent per year compared to 24 percent mortality nationwide. Furthermore, nutrition and blood chemical values were well maintained.

Diabetic patients fared as well as non-diabetic patients.

Said researcher Walser, "It seems surprising at first that restricting protein intake in patients does not lead to malnutrition," he says. "But the diet and supplements provide an adequate intake of energy and other essential nutrients".

Source: Journal of the American Society of Nephrology, January 1999.

Comment

So putting kidney failure patients on what amounts to a Natural Eating regimen – takes the stress off the kidneys! And the patient is healthier and lives longer. The researcher even seems surprised that the patient survived the experience!

Will he draw the logical conclusion - that *healthy* people too could *stay* healthy, live longer and avoid kidney trouble altogether by eating like that?

Lobby Fodder

The consumer is under constant assault from vested interests like the Food Lobbies. We are their cannon fodder. Let's look at where the latest attacks are coming from:

Kellogg Launches K Sentials “for growth and development”

Brace yourselves for a marketing campaign from Kellogg: "K-SENTIALS(TM) is the beginning of a renewed commitment from Kellogg to provide superior nutrition to consumers," said Fred Jaques, General Manager, Ready to Eat Cereals, Kellogg USA. "Through our emphasis on innovation, we will continue to seek ways to improve the nutritional composition of our products, and educate consumers on the importance of proper nutrition."

Comment:

Kellogg is suffering slack sales and their stock is down. So they are re-engineering their product line with added vitamins and minerals. They will then “educate” consumers in the wisdom of eating them!

Our view? You can't make a silk purse out of a sow's ear... No amount of tinkering with cereals will make them a food fit for human consumption. Give them a wide berth.

From the National Milk Processors Promotion Board:

Get the sick-bag ready for the latest campaign fronted by a milk-mustached Whoopi Goldberg:

The new ad emphasizes: "Getting enough calcium is a problem for most Americans [oh, really?] - that is why people should not give up on milk [grinding axes!] – even if they are lactose intolerant - and they don't have to; the processors are now offering lactose-free milks."

Comment:

The milk producers must be getting desperate: milk is unfit for humans unless the fat is removed, and the lactose is removed. What next? – remove the milk protein? Makes sense, it raises cholesterol badly...

The Nurses Study, lasting 20 years on 70,000 women, blew a gaping hole in the calcium/osteoporosis fallacy. The more they drank milk the more they had osteoporosis.

The mechanisms are well known, and it is a scandal that this fallacy is not scotched in 1st grade. Humans (after the age of 3) are not designed as lactivores, and they consume dairy products *at their peril*.

Darwin Label Exposed

“Rich Chocolate” - sounds pretty luxurious and sumptuous does it not?

Yet when we look at the ingredients we see that the first ones (and therefore the most proportion) are cheap sugars – sugar and corn syrup solids.

Does cocoa come next? No! Next comes vegetable oil. Vegetable oil in a hot chocolate drink?

Yes! And what is worse it is partially *hydrogenated* vegetable oil and even worse still, it might be one of any number of *real baddies* like palm oil, coconut oil or cotton seed.

After that comes sweet dairy whey. Yet more padding and filling from the left-overs from the cheese industry – loaded too with lactose to make your life a misery with allergic reactions.

You have to drill down to the *fifth* ingredient to find cocoa – and what is it? It has been treated with alkali and a string of additives.

So this “rich” cocoa drink is nothing more than a confection of cheap fillers and bad fats – with only a token quantity of adulterated cocoa powder to justify the name.

All this from a marquee name like Nestlé and Carnation!

Moral?

The buyer can take nothing for granted. Caveat Emptor!

Spreading the Word

Stop Press

The prestigious Sunday Times (of London) will be doing a feature on Natural Eating in mid-April. More news next issue.

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: <http://www.naturaleater.com>

© 1999 Geoff Bond

