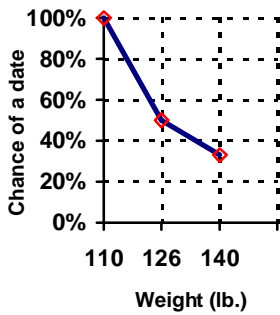


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Private Subscription Newsletter

Lean for Dates; Sunday Times; Fat Sad; Pritikin's Darwin Sauce; Lentil Soup; Cow Wine; Eat-Out Killer-Calories; Peanut Positives; Baker's Dozens; Rasher Rations; Encore Canola; Pizza-free Cretans; Diet Diary; Half-cuts; Osteoporosis II; GMO-free Sainsbury; Innocent Yanks; Label Babel; Pritikin unveiled; Warring Spreads; Moo Moos Madness; Book Announcement; Promotions.

Current Anthropology

**Teenage Girl Dating
Slim is in Demand**



In the 2-year study of 200 adolescent girls Carolyn Halpern of the University of North Carolina found that body fat was an important predictor of dating.

The slimmer the girl, the more likely she would be dated. (see graph.) The weights are for girls 5'-3" tall.

Halpern suggests that problems of obesity "warrant preventive measures beginning in childhood."

SOURCE: *Developmental Psychology* 1999;35.

Comment:

These tests were carried out on girls whose BMI varied from 19.5 to 24.8. This corresponds exactly to the 'healthy' range promulgated by the health authorities. So these girls did not even fall into the official 'overweight' let alone the 'obese' category!

However, anthropologically, the modern definition of a 'healthy' weight is still too generous. Teenage boys still retain their Pleistocene brain wiring – and they know what they like!

Stop Press

Sunday Times Weighs In
This prestigious UK heavyweight broad-sheet has just confirmed the publication date for its article on the Natural Eating concept. The item will appear in Sue Clark's weekly column in the 'Style' section. Look out for it on Sunday Aug 8th.

This America

Half Ton Man Returns to Hospital

Michael Hebranko, his weight now estimated at 1,100 pounds (78 stone, 500 kg) was taken out through the front window of his Brooklyn home and driven in an ambulance to St. Luke's-Roosevelt Hospital.

About 50 people watched as the public spectacle unfolded. "It's kind of sad," said ambulance owner Steve Zakheim, "it's spooky how big he really is."

Mother of Obese Girl Guilty of Child Abuse

A mother whose 13-year-old daughter died weighing 680 lb. (48 stone; 309 kg) was convicted of misdemeanor child abuse.

Marlene Corrigan, 48, faces a maximum of 6 months jail.

With a slight smile Marlene said quietly, "I can live with it"

**Darwin Food Label
Only the fittest survive...**

Study this food label and find the pitfalls. Exposure on Page 5.

Pritikin
THE PRITIKIN PROMISE
MADE EASY

ZESTY ITALIAN DRESSING

**FAT FREE
NO PRESERVATIVES**

The people at Pritikin Foods are committed to deliver products according to the nutritional guideline applied at the Pritikin Longevity Center. We promise good taste and nutrition from wholesome selected ingredients selected to maximize unrefined carbohydrate and minimize fat, cholesterol, sodium, and sugar. Enjoy!

Nutrition Facts: Serving size 2 tbs. (33g)

Amount per serving:
calories 30,
Total Fat 0g
Sodium 70 mg
Total Carb 7g,
(fiber 0g, sugars 4g)
Protein 0g

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, CORN-CIDER VINEGAR, DISTILLED VINEGAR, MALTODEXTRIN, MODIFIED FOOD STARCH, GARLIC*, ONION*, GARLIC JUICE, SALT, LEMON JUICE CONCENTRATE, RED BELL PEPPERS*, SPICES, OREGANO, XANTHAN GUM BASIL, ANATTO COLORING.
* DEHYDRATED

Now turn to page 5.

Simple Food Fix

When you are in a hurry it is good to have some simple food fixes up your sleeve.

Lentil Soup

Equipment:

- Large Saucepan

Ingredients:

- 1 lb. (450 g) green lentils.
- 1 lb. (450 g) leeks (frozen).
- 8 oz (225 g) baby carrots.
- 8 oz (225 g) celery.
- 1 tin, 16 oz (450 g) chopped tomatoes.
- 2 tsp. (10 ml) low salt yeast extract, or vegetable stock cube.
- 2 crushed garlic cloves.
- 2 cloves.
- 2 bay leaves.
- 1 cup (225 ml) hot water.

Method:

- Dissolve the yeast extract in the hot water and put in a 1 gallon saucepan.
- Add the lentils, garlic and tomatoes.
- Bring rapidly to the boil and simmer for 15 minutes
- Chop the vegetables coarsely as necessary and add to saucepan.
- Add the cloves and simmer for a further 15 mins.
- Remove from saucepan and blend in a mixer to a hearty consistency.
- Serve.

Comment:

Note the high proportion of vegetables to lentils (a high protein food). This is a good vegetation/protein ratio. It has the further advantage of limiting any disagreeable flatulence effects from the lentils.

Newsire Shorts

Bull's Blood Wine

We used to think that this name for a brand of wine was just a fanciful allusion to its deep red color. Think again! Listen to this story from France...

Thousands of gallons of wine treated with dried cow's blood — an illegal purifying agent — have been

seized in the Rhone valley, southern France.

Dried cow's blood was once widely used in cheaper wines. But it was banned by a 1997 European Union ruling in the light of the "mad cow" disease outbreak.

Comment:

Wait a minute. That's only reason for not adulterating wine with cow's blood? -- fear of Mad Cow disease? Does that mean that blood from other animals is still being used?

Restaurant Perils

Since 1974, spending on meals prepared outside the home has increased 339 percent nationwide. Obesity, now affecting more than 30 percent of the U.S. population, may be connected.

Linda Clemens of the University of Memphis analyzed what 129 women ate over the course of a week. She found that frequent diners-out (5 times a week) consumed nearly 20 grams more fat and 300 calories more each day.

People who ate mostly at home had a healthier mix of fats, carbohydrates and proteins.

Clemens called for more consumer education on strategies for eating healthfully when eating out.

Source: Journal of the American Dietetic Association (1999;99:442-4)

Comment:

Strategies for eating out? Just so... and then graduate to the strategies for eating in!

Peanut Promotion

This good-news story is only slightly diminished by the fact that it is put out by the Peanut Institute.

A phytosterol, beta-sitosterol (SIT), which inhibits cancer growth has been identified in peanuts.

Researchers at the State University of New York at Buffalo found that snack peanuts contain 160 mg SIT/100 gm

In addition, peanuts contain significant amounts of monounsaturated fat, plant protein, fiber, magnesium and vitamin E.

Many hard-to-get nutrients such as copper, phosphorus, potassium and zinc are also found in peanuts and peanut butter.

Source: The Peanut Institute.

Comment:

The peanut is much maligned by nutritionists — often with good reason. But peanuts in the raw state are almost as nutritious as tree-nuts.

The problem starts when manufacturers roast them, oil them and salt them. The problem continues when consumers eat too much of them.

Get used to buying raw, unsalted peanuts (even in their shells). Like tree-nuts, peanuts are fine eaten in controlled quantities. (say 2 oz in a day)

Supersizing Supersizes

For just a few cents more, fast-food restaurants will "super-size" a French-fry order. Shoppers buy the extra whether they need it or not.

A recent study shows that changes in government subsidies, taxes, and public health services literally changes the menu for many families.

"Marketing has even greater power. Super-sizing' seems to add 'value,' but it is encouraging overeating! Pricing games increase the bottom line — and the line of your bottom."

SOURCE The American Society for Nutritional Sciences

Comment:

It is essential for healthy eating to adopt a mentality that is insensitive to price.

Know what, and how much, you want to purchase. Don't be swayed by special offers that encourage you to eat and over-consume the wrong foods.

Lessons from the Past

No-one brought home the Bacon

In 1945, at the end of the 2nd World War, the British ration for bacon was... 3 oz per week.

(Imperial War Museum leaflet no 20)

Just think of it. 3 oz (85g). That's no more than 2 rashers per week!

So even though bacon contains a high percentage of saturated fat, the consumption was so low that health was not compromised.

Indeed, British health under strict wartime rationing, was at a peak not known before or since.

Reader's Questions

Canola oil Revisited

Q. Will any kind of Canola oil do, or does the method of extraction make a difference?

A. The good feature of Canola oil is its favorable fatty acid profile. It has a high content of both linoleic acid (Vitamin F₁) and the much prized alpha-linolenic acid (vitamin F₂). Furthermore, they are in the ideal ratio of 4:1.

Canola oils from many sources have been analyzed and they have all figured in clinical trials. The results are uniformly good, whether or not, the oils come from a supermarket or a health-food store.

Nevertheless, this is not the only concern. The cheap, bulk, supermarket oils are extracted using steam and chemicals such as hexane. Hexane is a powerful solvent that some people claim can be carcinogenic. On the other hand hexane has been approved for this use by the FDA.

So, do you trust the FDA to make health judgments on your behalf? This is a legitimate question – but if you don't, then you have to worry about a huge proportion of your food supply! This large question has to be left to another day.

Back to Canola oil. Some quality brand-names such as Mazola, use a cold water extraction method "so as to preserve the nutrients".

Other brands are outright specialist productions: Spectrum Naturals has a range of oils, including canola. They emphasize that their oils are 'cold pressed', and 'minimally

filtered'. Their oils are stored, from presser to shelf, under light- and temperature-controlled conditions.

These oils are much more flavorful, more fragile and pricier. Is it worth it? Bulk oils are not a natural food for humans whatever the method of production. It's a fine judgment and only you can decide.

Oils are bottled in a nitrogen atmosphere to avoid oxidation. Once open, the oils spoil more quickly and they are best kept cool and dark in a fridge.

A word of caution: there are the usual commercial forces not satisfied with the fragility of Canola oil.

Put 'Canaplus' on your black-list. This is a Canola oil specially developed for commercial fryers. They vaunt the fact that it has a low level of linolenic acid (Vitamin F₂)! As a result it "is a product with greater oxidative stability, than oils with a higher level of linolenic acid."

It is an oil that will resist being re-used and re-heated over and over again, day-in, day-out, for a week!

Mediterranean Diet

Q. Why are Pizza, Paella and Pasta so maligned? After all they are Mediterranean dishes.

A. This is a common misconception. The so-called Mediterranean diet was popularized by Ancel Keys who was much impressed by the health of the Cretans. He studied these peoples and their diet in the 1950's.

However, the Cretan diet has little in common with Italian, Spanish or French cuisine.

The Cretans followed a diet that had endured for 40 centuries. It comprised a high proportion of plant food, no dairy products, no meat, some fish, some goat's cheese, some red wine, some rough bread, and some olive oil.

In spite of a hard, frugal existence, the Cretan life expectancy and general health were impressive. Far better in fact than the so-called

advanced nations of Northern Europe and the US.

The Cretan diet had a lot of good things about it. One of the lesser known subtleties is this: the olive oil was not a help – just empty calories – but the Cretans had the peculiar habit of eating purslane – an extremely rich source of the rare essential fatty acid, Vitamin F₂.

Redundant Peelers

Q. Should we peel fruits, like apples and pears, to reduce exposure to pesticide?

A. No. Remember that 99% of produce has no measurable quantity of pesticide anyway!

Secondly, pesticide can be systemic – i.e. it is in the body of the fruit.

Finally, the skin of fruits are particularly rich in micro-nutrients.

Bottom Line? The benefits of eating the peel far outweigh any possible draw-back.

Courage to the Sticking-Place

6. Keep diet diary.

Schedule regular evaluations.

Prepare yourself a clip-board with a squared pad. Keep a *detailed* note of what you eat, minute by minute, throughout the day. *Don't leave anything out!*

The sheer act of recording your eating habits for posterity will surely cause you to think twice about eating unsuitable foods.

But more importantly, review your records on a weekly basis. Get a feel for how your eating patterns are evolving. You may be surprised by how the reality differs from what you imagined.

Finally, schedule an evaluation from time to time with a Natural Eating advisor. It will be possible to identify simple changes that, with a minimum of effort, can bring large benefits.

Dining Out

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

5. Cut down the dense proteins.

Ask for a doggy bag at the start of the meal. Put half of the high density protein portion (fish, meat,

poultry, omelet, TVP burger, etc....) straight into it.

Restaurants, like to show their generosity by loading the serving dishes with copious quantities of the 'prestigious' element of the meal.

For human beings, this is a distortion of their naturally adapted

eating pattern. When eating out practise 'course management'. Curtail the over-consumption of high protein-density foods.

The corollary: compensate by ordering extra portions of colored salads and vegetables.

THE FOOD/OSTEOPOROSIS CONNECTION

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

Last month we looked at the food/ Osteoporosis connection - Part I. This month we look at Part II

OSTEOPOROSIS - Part II

last month's part I explained:

- 1. Over-consumption of Protein
2. Over-consumption of Acid-forming foods
3. Deficiency of Micro-nutrients

This month we continue with an explanation of yet more dietary practices that are implicated in osteoporosis:

2. Over-consumption of Salt

Excess salt has to be evacuated by the kidneys. They in turn, have to raid the calcium bank (your bones) to usher out the unwanted sodium.

Be frugal with the consumption of salt. Eat plenty of fruit. The potassium found in copious quantities both in fruit and vegetables mitigates the effect of excess salt and reinforces calcium metabolism.

Salt drains calcium from the body

5. Avoid overdosing on supplements

Remember the 'law of unintended consequences'? Vitamin D is an important compound that helps calcium absorption. Mistakenly some people self-medicate and over-do it.

Overdosing on Vitamin D has the unexpected effect of accelerating osteoporosis. This is one more example of the Law of Unexpected Consequences! As ever, don't try to micro-manage these processes!

Go easy on all dietary supplements, especially Vitamin D

6. Keep bone-building hormones balanced

Remember that osteoporosis is a disease of hormone imbalances in which the bone destroying cells (osteoclasts) are more active than the bone building cells (osteoblasts). Their respective activities are controlled by hormones. The details are fiendishly complicated, and have not been full worked out. Nevertheless, implicated is parathyroid hormone. Too much of it draws calcium out of the bones.

Phosphorous is one compound that excites unfavorable parathyroid activity. It is very prevalent in the western diet - in meat and in colas. People who eat a lot of animal products - and/or drink more than the occasional can of cola - are undermining their bone health

Avoid gratuitous phosphorous

7. Estrogen therapy

If anyone still needed convincing that osteoporosis is a hormonal

problem, just consider this: the only medication (as opposed to lifestyle pattern) that is helpful is a hormone - estrogen.

Estrogen is used successfully to slow the deterioration in bone health of menopausal women. But why bother? Get your eating patterns right and osteoporosis will be a non-issue.

Some reassuring tips from recent clinical trials:

- moderate consumption of caffeine, like two cups of American coffee per day, is harmless to calcium metabolism,
• moderate consumption of alcohol, like one glass of wine per day, can be modestly helpful,
• modest consumption of fluoride, like the dose from using fluorided toothpaste, is helpful to calcium metabolism.

And the bottom line? Our hominid ancestors never suffered from osteoporosis and bone demineralization!

The first signs of these diseases only begin to appear in the archaeological record after the sea-

change in eating patterns brought about by the farming revolution some 10,000 years ago.

Today we can learn the lessons of evolutionary history and adapt these lessons to the modern world.

FRIDGE DOOR PAGE

Osteoporosis
FOODS to be FAVORED (as much as you can):
All Unrestricted Salads and Vegetables. (Manual ch. 6 p. 2)
All Unrestricted Fruit: (Manual ch. 6 p. 2)
Nuts (in moderation): almonds, walnut...
Sundry: Fluoride – as obtained for example through using fluoridated toothpaste. (Fluoride is toxic in larger doses)

Osteoporosis
FOODS TO BE RESTRICTED
Proteins: particularly animal origin
Acid forming starches: (manual ch. 3 p. 8)
Sundry: colas, salt

Osteoporosis
OTHER UNHELPFUL LIFESTYLE ACTIVITIES
Lack of exercise: Exercise is good - it activates bone building cells.
Alcohol abuse: Studies show that alcoholics always have bone disease too. Alcohol encourages parathyroid hormone, and directly prevents bone building. Bone so lost is almost impossible to replace.

Next month: *The Food/Immune System/Cancer connection – part 2*

G.M.O. Update

Genetically Modified Organisms may be 'safe' – but are they food?

Our food supply is already far from the ideal. GMO accentuates this trend. Hence our opposition.

G.M.O. Free Zone

The huge British supermarket chain, Sainsbury, has announced that, after a concerted drive and negotiations with its 1,000 suppliers, all its own-brand products are now completely GMO-free.

Insouciant Americans

From: *The Economist* June 17 1999

...Americans may simply be woefully ill-informed about what is going on.

American tourists in London can... be heard marveling at British newspaper reports of "Frankenstein foods" and thanking their stars that such products are not sold back home...

In reality almost 60% of their country's processed food is affected...

'Organic' Purity

The USDA had originally proposed that organically grown GM foods would be allowed to use the 'Organic' label. They back-tracked after 280,000 people complained.

In the USA, buying 'organic' was, and now remains, the only way to be sure of avoiding G.M.O.'s.

Labeling Clarity Sought

The Natural Law Party, with consumer groups, scientists and farmers, has gathered 500,000 signatures to force US labeling of G.M.O.'s.

Agriculture Secretary Dan Glickman said "My confidence in biotechnology is ultimately irrelevant if the consumers aren't buying."

In February, the United States managed to avert labeling demands

by several countries as part of a U.N.-initiated Biosafety Protocol.

The butterfly-poisoning corn is "another piece of news that has eroded the consumer's confidence in the whole process of genetic engineering," said Ross [of the Natural Law Party]

Ross went on, "The American people ... are not going to sit back anymore and take food being forced on them by the biotech industry."

Darwin Label Exposed

Pritikin has made a name for himself in the field of weight loss, so the standards by which we judge his products are the more severe.

The Pritikin method lays great emphasis on a low fat diet, and to that extent this product fulfills these expectations. It is indeed low-fat – even zero fat.

But there the good news stops. Notice the other fat-making

compounds? Yes, they are the dreaded bad carbohydrates!

The first ingredient in this salad dressing is high fructose corn syrup. This is just as glycemic and fattening as sugar itself. Only a little further down the list is another sugar subversive: malto-dextrin.

So this product, that claims to "minimize sugar" is 12% sugar! Furthermore, for a health food, do we really need all those other additives like xanthan gum and anatto coloring?

There are other ready-made salad dressings on the market, such as Paul Newman's, that are much better without the pretentious – and misleading – claims of the Pritikin name.

Lobby Fodder

The consumer is under constant assault from vested interests:

Margarine Wars

A marketing fight between two new cholesterol-lowering margarines started when Johnson & Johnson served Benecol 'buttered' bagels to 200,000 morning commuters.

J&J aims to get a high-profile kickoff as it competes with Take Control, made by Lipton.

Both margarines were approved by the FDA as the first that can actually cut cholesterol. Both spreads look and taste like regular margarines.

Lipton plans to start national television advertising for Take Control in a few weeks.

J&J originally wanted to sell the product as a dietary supplement – a category that requires scant regulatory review.

But the FDA foiled that strategy, insisting that J&J, like Lipton, prove that its product is safe.

Benecol works by blocking the absorption of cholesterol in the digestive tract.

Comment: What next? We have to eat fat to lose fat? This is micro-management at its worst – the sorcerer's apprentice syndrome writ large.

So eating these margarines blocks the absorption of cholesterol? – So it only works if you've eaten an egg at the same time?

But we know that people who have cholesterol problems have them because their own body is making too much of it! And that happens because of fundamental dietary errors.

Don't be taken in by the blandishments of these food giants. Quite naturally their agenda is to shift product.

Quite naturally, your agenda is to choose wisely what you put into your body.

Milk Desperation

"Got Milk" will be featured as part of Enesco's Mary's Moo Moos collection, a line of whimsical cows with clever titles and amusing puns. Mary's Moo Moos will sport the trademark milk mustaches.

Each set includes a plush cow milkman and a resin milkman figurine packaged inside a milk carton and carries a suggested retail price of \$25.

Comment:

How do they think of these wheezes? "Moo Moos"? "Whimsical cows with clever titles"? Resin milkmen entombed in milk cartons?

And they'll get people to pay \$25 for this milk propaganda to boot! As

ever, make sure that you take your brain with you when you go shopping...

Special Announcement

**NE Book to be Published
Much Awaited 'Bible' to Natural Eating will be Available October.**

Griffin Publishing have just taken delivery of the author's final draft. There now follows a month of proof reading and sub-editing.

The book will be available from us, from October 1st. (address below). It will be in the bookstores (virtual and real) from late November.

In the UK, the book will be distributed by Gazelle Books.

Discounts are being offered for those who register now to receive the first copies.

Write to us, without commitment, either on-line or at the contact addresses below.

Support Materials

To coincide with, and celebrate, the Sunday Times Article, we are offering some promotional prices for one month:

The Introductory Guide

£4.99 (\$7.99)

The Survival Manual

£14.99 (\$24.99)

The Newsletter Subscription (12 monthly issues.)

snail mail: £60.00 (\$96.00)

e-mail: £37.50 (\$60.00)

Think about offering them as presents to family and friends...

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Natural Eating Co Ltd.

7, Maxwelton Close,
London, NW7 3NA
tel: +44 (0)181 959 7549
fax: +44 (0)181 959 2110

Information, Letters and Queries

e-mail: admin@naturaleater.com
Web: <http://www.naturaleater.com>

Savvy Solutions LLC

PMB 517, 69-115 Ramon Rd, #F1
Cathedral City, CA 92234, USA
fax: +1 (760) 328 8529