

www.naturaleater.com
Private Subscription Newsletter

Cooked Greens; Leaky Men; Traverse Bay's Travesty; Japanese Degenerate; Leeks Provençale; McLibel; Exonerated Eggs; Breast-fed Beats Obesity; Breast-fed for High Brows; Stir Fry Hint, Unsalted Egg-plant; Autism/Food Link; Darwin Label Exposed; Remove Temptation; Feature: The Food/Digestive Disease Connection; GMO Updates: UK Labels, Pet Food, ADM Segregation, Euro-American Trade War, Willpower Contests, Announcements.

Current Anthropology

Did Early Humans Get Smart by Cooking Veg?

Fire helped early humans evolve and become more intelligent because it allowed them to cook vegetables, researchers claim.

Evidence is building that humans started to use fire just at the time their bodies changed. Meat is just as nutritious whether it is raw or cooked, but plant food is not.

Gregory Laden of the University of Minnesota, Richard Wrangham of Harvard University and colleagues noted that very early pre-humans, such as 'Lucy' had huge teeth and powerful jaws. "This indicates that they ate a lot of plant food over many hours of the day,"

By 1.9 million years ago, when Homo erectus appeared, teeth became smaller and jawbones less robust. Females got bigger -- closer in size to males. Brains and bodies both grew.

"Cooking makes a lot of things less toxic and more chewable. If you are an ape with fire, there is a much longer list of foods you can eat. Learning how to cook can also change the human social structure," claim the researchers.

Pure gatherers, such as our closest relative, the chimpanzee, have a social structure that does not include monogamous pairs.

Continued page 5

Deflating Prostates

Diet Linked With Enlarged Prostate

Diet plays a role in the development of an enlarged prostate gland, a common problem in older men, according to a study conducted in Athens, Greece.

The researchers report that dietary fat, especially higher intakes of butter and margarine, appear to increase the risk, whereas increased fruit intake may reduce the risk. Zinc intake also appears to play a role in prostatic enlargement.

Also known as benign prostatic hyperplasia (BPH), this condition causes frequent urination and reduced urine volume. The risk of BPH increases with age -- it afflicts one out of five men in their 40s, and 4 out of 5 men over the age of 80.

Trichopoulos and colleagues based their findings on a comparison of the diets of 184 Greek BPH patients with a group of 246 men who never had the disease.

The researchers note that blood levels of zinc rise in men over the age of 55.

SOURCE: *Urology* 1999;54:284-290.

Comment:

Despite the extraordinary prevalence of this condition, there are few studies to show why prostate enlarges with age.

Continued page 5

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

Study this snack-food label and find the pit-falls. Exposure on Page 5.

TRAVERSE BAY FRUIT CO

Berry and Cherry

A premium blend of Dried Cherries, Dried Blueberries and Dried Cranberries

Nutrition Facts

Serv. Size 1 oz (28.35g)

calories 100, fat cal 0

Total Fat 0g (0%DV)

Sat fat 0g (0% DV)

Cholest. 0mg (0%DV)

Sodium 0mg (0% DV)

Total Carb 23g (8%DV)

Fiber 2g (8% DV)

sugars 17g

Protein 0g

Vitamin A (10% DV), Iron (2% DV)

INGREDIENTS: CHERRIES, SUGAR, BLUEBERRIES, FRUCTOSE, CRANBERRIES, CORNSYRUP, SUNFLOWER OIL, MALIC ACID.

Japanese Degenerate

The growing popularity of fatty Western foods, has pushed the percentage of healthy Japanese to a 15-year low.

The Japan Hospital Association said that only 15.8 percent of the 2.34 million people who underwent full physical examinations in 1998 had no health problems - the worst results since the survey started in 1984 when 29.8 percent had no health problems.

Rising obesity, blood cholesterol and liver problems were blamed for the overall decline in health levels.

Comment:

Thanks to their diet, the Japanese used to have fabled health and longevity. The recent change in Japanese dietary habits is for the worse. They are shifting from a traditional diet of fish, vegetables and rice to a Western diet of fast-foods, red meat, pizzas and bread.

Simple Food Fix

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

Leeks Provençale

- 1 lb. (455g) leeks, cleaned and trimmed
- 1 tbs. (15ml) olive oil
- 1 can (14 oz, 400g) tomatoes, chopped
- 1 tsp. thyme
- 1 tsp. basil
- 1 tsp. oregano

- Cut the leeks into 6" lengths and split them lengthways.
- Sauté the leeks gently for five minutes in the olive oil.
- Add the tomatoes and herbs.
- Simmer for 10 minutes until the sauce has fully thickened.
- Serve hot or cold with a squeeze of lemon juice.

Serves 2.

Comment:

The trick here is to buy your leeks ready-prepared. Frozen leeks can also be used.

Ordinary leeks have to be carefully split open and thoroughly rinsed to remove grit. This can double preparation time.

From the Newswire

McDonalds Loses Libel

McDonald's suffered an embarrassing public relations setback in March when an appeals court upheld

activists' claims that the chain sells heart-damaging food and treats its workers poorly.

The case, known widely in Britain as "McLibel", resulted in a 314-day trial, the longest in English history.

The court also did not dispute the original findings of a trial judge that McDonald's was responsible for animal cruelty and that it exploited children through its advertising.

Comment:

We rest our case -- ed.

Eggs Exonerated

An egg a day really is OK, according to researchers who found that healthy people eating up to seven eggs a week didn't increase their risk for heart attacks or strokes.

It is more important to limit consumption of saturated fats and trans-fats, found in doughnuts, commercial cakes and French fries. Dietary cholesterol is less of a culprit than initially believed in raising cholesterol levels.

On the other hand, diabetics who averaged eating one egg daily were at significantly higher risk than those eating one egg or fewer a week.

Diabetes destroys the body's crucial ability to convert cholesterol into cells and hormones. Cholesterol becomes an artery-clogger when the body develops an excess.

Source: JAMA. April 1999

Comment:

Many studies have shown that eggs are a perfectly acceptable component of the diet provided that a Natural Eating Pattern is being pursued.

This chimes well with the understanding that our far-off ancestors regularly consumed eggs whenever they had the opportunity.

The observation about diabetes is of course pertinent. It is well known that people who have high cholesterol levels do so because their bodies are making it to excess. This is driven by

abnormal insulin levels, provoked by either a state of diabetes or the over-consumption of bad carbohydrates. High blood cholesterol rarely has anything to do with eating cholesterol.

Baby News

Breast Beats Obesity

Babies are less likely to grow up into fat children if they are fed breast milk exclusively, a new study shows.

The findings suggest breast-feeding could turn out to be a powerful strategy for fighting the spiraling level of childhood obesity.

The study, which tracked 9,357 children in Bavaria, found that the longer babies were breast-fed exclusively before being switched to formula or food, the lower their chances of starting school as overweight children.

About 60 percent of mothers breast-feed in industrialized countries, but most give up by the time their babies are 2 months old.

The German research leader, Dr Eckel, established the following increase in benefit with increased periods of exclusive breast feeding:

Exclusive Breast Feeding (months)	Reduction in Risk of Obesity
1 to 2	10%
3 to 5	35%
6 to 12	43%
Over 12	72%

The researchers took into account several factors such as eating habits, socioeconomic class, birth weight, parents' and siblings' ages, how long the children played outside and whether they had their own bedrooms.

In fact, the fatter children were eating less butter, fewer desserts and whole-milk products, and more

low-fat dairy foods probably in an attempt to lose weight.

Warding off obesity in infancy is important because of the alarming incidence of obesity-related adult diseases now being seen in children, such as diabetes.

Source: *BMJ*; July 16 1999

Comment:

The researchers could only speculate as to why early weaning and formula feeding should lead to obesity.

We don't have the answer either. "There are more things in heaven and earth, Horatio, than is dreamt of in your philosophy¹".

Very simply, adopting the eating habits of our ancient ancestors has been shown, time and time again, to be the optimum pattern for us today.

The same observation goes for those lactivores, babies, just as much as for fructi-folivore adults.

Brainy Breast-feds

At least 60 percent of the average intelligence gain seen in breast-fed infants comes from breast milk's nutritional value, rather than benefits from maternal bonding.

The survey by University of Kentucky nutritionist James Anderson looked at 20 different studies comparing the brain development of infants who had been breast-fed with that of infants who had been given formula.

"Our study confirms that breast-feeding is accompanied by about a five-points higher IQ than in bottle-fed infants," Anderson said. Breast maternal bonding accounts for 40 percent of that increase, but that 60 percent — 3.2 points — are related to the actual nutritional value of the breast milk.

Intelligence is benefited by breast-feeding for up to six months. Children who are breast-fed for less than eight weeks show no IQ benefit. *AJCN*; Oct 1999

¹ Hamlet

Comment:

There is more in mother's milk than is dreamt of by the formula makers! Notably metabolites (that babies cannot make) of essential fatty acids. These are thought to greatly facilitate brain building.

Hints & Tips

Stir "Fry"

Stir fry is a frequently used 'healthy' cooking method. It may come as a surprise to realize that traditional Asian stir-fry doesn't use oil at all.

Chinese cooking just uses a couple of teaspoons of water. This is the ideal for us too.

In the last few years, cooking oil has become available to the Chinese -- and this coincides with a rise in obesity in the Chinese population.

Egg-plant Bitters

Traditionally, sliced aubergine (egg-plant) would be salted before cooking and set aside to remove excess water and bitterness.

Overcome this reflex and prepare your egg-plant unsalted. Modern varieties of egg-plant are not bitter and do not need to be 'bled'.

By the Way

Food/Autism Connection

Recent reports recount how many autistic children make remarkable recoveries after being put on a casein- and gluten-free diet.

Autistic children have been shown to have sharp allergic reactions to wheat and dairy proteins. Moreover most autistic children have a leaky gut. Bacteria, toxins and undigested food particles leak into the blood stream and create mischief.

Casein and gluten proteins become addictive, morphine-like peptides which provoke behavioral and language difficulties. These are typified by autistic spectrum disease,

dyslexia and attention deficit disorder.

Comment:

Just one more distressing condition that is laid at the door of 'novelty' foods like grains and dairy products.

Darwin Label Exposed

Fear of Flying

This snack-food was an in-flight vegetarian dessert! You cannot relax your guard, even if you have ordered a special meal.

Just note, it is over 80% bad carbohydrates! Dried cherries, dried blueberries, dried cranberries, sugar, and corn syrup. To top it off they've put in a bad fat, sunflower oil and gratuitous fructose.

How disheartening to see in what a lazy, unthinking way mass caterers load up their meals with junk confectionery.

Dining Out

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

Remove Temptation

The breadbasket might be very attractive. Even so, have it removed straight away.

There is nothing more pernicious than the arrival of the breadbasket brought to the table as soon as you are seated.

The restaurant brings it for at least three reasons.

- to keep you quiet whilst the food is prepared
- to stuff you up on cheap filler
- to stimulate the digestive juices so that you order more than you really need off the menu.

These are all reasons diametrically opposed to strategies for savvy eating.

Be prepared for the arrival of the breadbasket. As soon as you spy this cargo of bad carbohydrates on the horizon wave it away vigorously.

Feature Article – Natural Eating for Disease Control THE FOOD/DIGESTIVE DISEASE 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. Not surprisingly, they all point to the Natural Eating pattern as being the optimum for good health. Last month we looked at the Food/Immune Connection, Part 2. This month we look at the connection between our eating habits and Digestive Diseases.

Digestive Diseases

Indigestion, Constipation, Colic, Irritable Bowel Syndrome, Gastro-Oesophageal Reflux, Colon Cancer, Diverticulosis, Diverticulitis, Piles.

In Robert McCarrison's account of the Hunzas at the turn of the century, he was amazed to find that this small tribe, despite living in the difficult conditions of the High Himalayas, had the most robust health.

McCarrison concluded his remarks (in the 1921 Mellon lecture) by saying, "Indeed, their buoyant abdominal health has, since my return to the West, provided a remarkable contrast with the dyspeptic and colonic lamentations of our highly civilized communities."

Nothing has changed in over 75 years! If anything the situation is worse. Sales of indigestion remedies are at an all-time high.

McCarrison continued, "I don't suppose that one in every thousand of them [the Hunzas] has ever seen a tinned salmon, a chocolate or a patent infant food, nor that as much sugar is imported into their country in a year as is used in a moderately sized hotel of this city [Pittsburgh] in a single day."

How does this relate to digestive problems then? The digestive system is the starting point for everything. Get that wrong and nothing but problems will ensue.

Indigestion

There are only two reasons for indigestion: bad food combining and irritating foods. In the Western diet, the culprit is almost always bad food combining. The remedy is simple, follow the guidelines in Chapter Five. The benefits can be instantaneous. Common irritating foods are, chili peppers, pickles, sauerkraut, mustard, curry.

Next month: *Digestive Diseases part 2.*

G.M.O. Update

Genetically Modified Organisms (GMO's) are taking us yet further away from our naturally adapted food supply. Hence our opposition.

British Restaurants Label GMO's in their Meals

New regulations came into force in Britain this month. They require restaurants and similar outlets to inform their customers if there are

any genetically modified foods in their meals.

Pet Food Goes Organic

Major pet-food manufacturers are mobilizing to commercialize a range of GM free pet-foods.

McCarrison went on to make his fame as director of the Pasteur Research Institute in India. As a research scientist, he investigated all manner of aspects of human nutrition. He was ultimately awarded a knighthood in recognition of the outstanding contribution of his efforts. His dietary trials on groups of rats fed either a Hunza diet, a Bengali diet or a working class English diet ring down to us today. The 'Hunza' rats were remarkably free of disease and docile. The other groups suffered from diseases affecting every organ of the body and, further the English rats were neurotic and ill-tempered².

McCarrison's work is cited to show how long the scientific community has known that there is something terribly wrong with the 'civilized' diet. Every study since has refined and reinforced our knowledge. And yet the population as a whole is being led by the nose in the opposite direction

² On other rat experiments between a Sikh diet (similar to Hunza) and an English diet, the latter's digestive tracts were in a parlous state This is a short extract from the autopsy on one of the 'English' rats. "The case presents an extraordinary contrast to all other ['Sikh']rat's intestines seen up to date. The lumen of the bowel is very much narrowed; the bowel being in its whole course hardly thicker than a piece of string. ... Intestinal stasis is marked; the lower part of the bowel is filled with hard, oval feces ...The stomach is very small ... it is filled with coffee ground-like material.... There were papillomatous outgrowths of the stratified epithelium lining the proximal part of the stomach." McCarrison; A Good Diet and a Bad One; IJMR; 1926; 14; 649-54.

ADM Segregates

The world's largest food processor, US based Archer Daniels Midland has instituted procedures undreamed of just two years ago. It is insisting with all farmers and suppliers that genetically modified soy and corn (maize) crops be segregated from normal produce for the whole of the handling chain from field via silo to finished product.

GMO Trade War Looms

The price of this season's genetically modified crops has collapsed. American farmers are desperate. They bought into the GM dream. Now they find that their crops are the pariah of the food chain.

Wielding the WTO (World Trade Organization) rule book, President Clinton is accusing the Europeans of practising de facto trade barriers. He is threatening the mother of all trade wars to force Europe to take in American GMO ingredients.

This will dwarf the spat with the Europeans, who have a hormone-free meat zone, over their refusal to take in American hormone treated beef.

Courage to the Sticking-Place

Use all the strategies you can to reinforce your determination to improve your eating habits.

Participate in Contests Conducted at the Work-site

It is hard to maintain unconventional eating habits when those around you do not share your values.

Take the time to explain what you are trying to do. Encourage your co-workers to join in. Others will also be on some kind of dietary regime.

Think about setting up little competitions to see who loses weight, lowers cholesterol or blood pressure the quickest.

From Front Page

Cooked Veggies

Animals that gather on their own, like chimps, do not have to share. But a creature that gathered food and held on to it for as long as it took to cook it would be forced to share.

That, speculate the researchers, could lead to sexual cooperation between males and females.

source: pre-view; Current Anthropology, December 1999.

Comment:

These are interesting claims by these researchers, but they have a weight of evidence against them.

Perhaps the most cogent is the fact that hunter/gatherer societies today do not, on the whole, cook their vegetables.

Rather, they are very good at finding the more tender items of vegetation that do not require very heavy chewing.

On the other hand, they do frequently cook their meat. This practice has the unexpected benefit of reducing exposure to intestinal parasites.

A second difficulty with this theory is that cooking loses nutrients as well as releases them. We can afford to lose a proportion but not all.

This phenomenon chimes well with the Natural Eating precepts. We recommend that a good proportion of plant food should be uncooked in the form of fruits, nuts and salads of all kinds. The remaining plant foods (vegetables) can be lightly cooked.

Prostate

Humans and dogs are the only creatures that suffer from BPH. This is surely dysfunctional. But what causes it?

Are men being poisoned by 'unnatural' plant toxins such as the lectins in cereals? If so, it is one more good reason for cutting out

novelty foods like bread and cereals.

Or are there micro-nutrients missing from currently available vegetation? Extracts of both saw palmetto and African pygeum in some studies appear to be helpful. The beneficial factors remain unidentified.

This possibility highlights the difficulty of finding the optimum eating pattern in the modern world. Even the best farmed organic fruits and vegetables are still not the same *species* as the fruits and vegetables eaten by our far-off ancestors of the African savannah.

On the other hand it is heartening to know that the high fruit diet is once again confirmed as necessary to optimum health.

It is interesting, but not surprising, to find that another 'novelty' food, the 'bad' fats (butter and margarine) are harmful to the prostate.

It is slightly more surprising that there is an association with high zinc levels. Zinc is an important anti-oxidant. Americans often supplement with zinc believing that it reinforces the immune system.

However zinc is abundant in meat and cheese. Zinc is also found modestly in eggs, so few Americans are deficient in it.

By dosing with zinc to improve one problem, supplementers are only making matters worse for the prostate. The Law of Unintended Consequences again!

Natural eaters on the other hand will not be eating much meat, cheese or eggs and therefore the quantity of zinc will work out just about right.

Support Materials

Natural Eating Monthly Newsletter

6 densely packed pages of advertisement-free hints, tips and health up-dates on Natural Eating.

3 month trial (3 issues)Mailed Version: **£18.00 (\$29.00)**e-mail Version **£ 12.00 (\$20.00)****Annual Subscription** (12 Issues)Mailed Version **£60.00 (\$96.00)**e-mail Version **£37.50 (\$60.00)****NE Book to be Published
Much Awaited 'Bible' to Natural Eating will be Available Soon**

Griffin Publishing are at the typesetting stage. Two draft covers are being considered. This is one of the options. What do you think?

[light coloured watermark cover]

Drop us a line and let us know your views.

The book will be available from us, from November and it will be in the bookstores (virtual and real) in the new millenium.

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.

The Natural Eating Book

Pre-publication Discount Price:

US: \$14.99 + \$3.50 P&P**UK: £11.99 + £2.50 P&P**

Full Retail Price

US: \$18.95 + \$3.50 P&P

UK: £14.99 + £2.50 P&P

The Introductory Guide to Natural Eating:

This is the easy introduction to Natural Eating. In 32 pages it contains the distilled essence of the principles and practice. It is produced in full color and is liberally illustrated with specially commissioned water-colors. It also makes a superb gift for family, friends and colleagues.

US: \$7.95 + \$1.75 P&P**UK: £4.95 + £1.00****The Natural Eating Survival Manual**

This is the comb-bound "pre-book". It is for the serious practitioner. 100 pages of background, precepts, charts, tables and detailed practical information. This Survival Manual will be phased out and replaced by a full, do-it-yourself, Workshop Manual to be published in the New Year. While stocks last:

U.S. \$19.99 + P&P \$2.25**U.K. £14.99 + P&P £1.50**

© 1999 Geoff Bond

Natural Eating

7, Maxwellton 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

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