

Natural Eating: Eating in Harmony with our Genetic Programming

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**www.naturaleater.com
Private Subscription Newsletter**

Morning Sickness; Live Long and Well; Paula's Virtue Label; Iceman Diet; Portabella Mushrooms; Dominating Proteins; Antibiotic Irresponsibility; Low Oil Tip; Dining Out – Slow Down; Rallying Macbeth – Focus on Benefits; Feature Article – Food/Digestive Disease Connection (II); Terminator Genes; Dressing for Virtue; Lipton's Big Brother – Total Control.

Current Anthropology

**Morning Sickness
Reverse Engineered**

Just as engineers take apart a clock to see how it works, so biologists are investigating many human phenomena by working back from the effect to find the cause.

Evolutionary biologist Margie Profet from the University of Washington, Seattle, has been thinking about morning sickness. This is a condition that afflicts women across all cultures in the early stages of pregnancy.

She speculates that such a prevalent condition must have some kind of biological purpose. Since the net effect of morning sickness is to stop a woman from eating, what can this mean?

It is an established fact that an embryo can nourish itself very well from the stores of nutrients in the mother's body, demanding priority in case of a general shortage. So even if the mother is eating very little, the embryo does just fine thank you very much.

On the other hand an embryo is very vulnerable to plant toxins. Profet has discovered that plant toxins, like the carcinogen allyliso-thiocyanate, can cause birth defects and induce abortion in doses that adults tolerate without difficulty.

Source: Scientific American, April 1996

Comment: This explanation for morning sickness is still hypothetical. But already it sounds more promising than Freud's does.

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Longevity

Centenarians and Diet

People who live to extreme age (over 100 years) are attracting a lot of attention to see if there is a secret formula. Drs. Perls and Silver of Harvard University have published a paper recently.

People who are 100 years old today were born in the last century, when conditions were totally different. Such people were already adults by the end of the First World War and almost always came from an agricultural community. That's how the vast majority of people lived those days.

They lived through times of austerity until well into the 1960's when they were already over 60 years old.

It is of course impossible to build a detail of their dietary practices, but one feature does stand out: they all ate moderately. No one had ever been obese.

In other studies, it has been found that severe caloric restriction is beneficial. So is a low protein diet.

Yet more studies on primitive tribes, like the Vilcabamba of Ecuador, are even more suggestive. These peoples have the highest rates of centenarians in the world – 1,000 per 100,000 of the population – over 13 times that for Americans!

They have a diet that is almost entirely vegetarian. On average it comprises only 1,200 calories, only 35 grams protein and only 15g of fat daily.

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**Virtue Label
For A Worthy Try**

No Darwin Label, this month. Here we encourage a food processor who is trying hard to do the right thing. Study this label and find the good points. Appraisal on Page 5.

**PAUL'S
TOMATO AND
BASIL
salad dressing**

Nutrition Facts	
Serving Size 2 tbsp. (60g)	
Calories 120	
Total Fat 12g	18%
Saturated fat 1g	5%
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 0g	
INGREDIENTS	
Canola oil, Water, Fructose, Tomato Concentrate, Basil, Red Wine Vinegar, White Wine Vinegar, Salt, Lemon Juice, Mustard, Parsley, Spices, Xanthan Gum.	

PaleoDiet

Salads for the Iceman

Ötzi, the 5,200-year-old Tyrolean iceman discovered in 1991 in the Ötztal Alps (on the borders of Austria and Italy) is the world's oldest known human glacier mummy.

Forensic biologists have been working painstakingly since that time to discover all they can about how he lived.

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Simple Food Fix

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

Portabella Mushrooms

(The Portabella is a large mushroom, 3 to 4 inches in diameter. It is open on the underside of the cup to show its plentiful, delicate gills.)

Equipment:

- Large frying pan with cover.

Ingredients:

- 2 portabella mushrooms
- 1 spray olive oil
- 1 tsp. lemon juice
- salt and pepper

- Choose mushrooms that are whole and undamaged.
- Wipe the mushrooms carefully with a paper kitchen towel. Trim the desiccated end of the stalk.
- Spray the bottom of the frying pan lightly with the olive oil.
- Heat the frying pan until quite hot.
- Carefully place the mushrooms, stalk-side up into the frying pan.
- Sprinkle a little lemon juice into the upturned cup of each mushroom.
- Sprinkle a little salt to taste into each upturned cup.
- Cover the frying pan and cook gently until done. (About 5 to 7 minutes.)

Comment:

This makes a delicious and wholesome snack, or the centerpiece of a main meal.

The same technique works with most kinds of mushroom. Always take care not to wash them – just wipe them.

Be careful not to add too much oil. Mushrooms soak up all the oil they are given. Just 'wet' the pan with a burst of spray from an olive oil aerosol. The mushrooms then cook in their own juices.

Reader's Questions

Dominance Fetish

Q. *Should a lentil dish be combined with a carbohydrate or a protein?*

A. This is a good opportunity to deliver on a promise made in last September's Newsletter. We promised to talk about the importance of dominance in Protein/Carbohydrate combinations.

Almost all carbohydrates contain protein already – wheat is 13% protein. So there is already a potential conflict.

Legumes (lentils, beans and so on) are considered a protein food by conventional nutritionists because they can have up to 30% protein.

However, from a food combining point of view, there is another factor, the carbohydrate content. Typically lentils contain 28% protein but there is 57% carbohydrate!

So lentils are still dominated by carbohydrate although the balance of power is uneasy. That is because, weight for weight, protein is more powerful than carbohydrate. The seesaw swings uneasily in the horizontal position. This is one area where 'balance' is not a good thing! It is another reason why legumes can give digestive difficulties.

In theory lentils could be combined *either* with a protein *or* a starchy carbohydrate.

For example, it would be possible to eat, at the same meal, some whole-wheat spaghetti to anchor the seesaw firmly at the carbohydrate end.

Alternatively, have some fish or cheese at the same meal. That will anchor the seesaw firmly at the protein end.

Whichever it is, the dominant foods in the meal should still be salads and vegetables. They will dilute these awkward combinations and improve digestibility.

Opinion

Miracle Drug Squandered

Sometimes it seems as though human folly knows no bounds. The intensive production of poultry, beef and pork means that most chickens, cattle and pigs are routinely and recklessly pumped full of antibiotics.

The main reason for doing so is to enhance growth. The second reason is to 'fix' the diseases that would otherwise sweep through the dreadfully overcrowded animals.

Result? Antibiotic resistant bugs have developed and have been transferred to the humans.

The public will have to pay a heavy price for this 'efficiency'. The Government Scientific Committee warns that there is a real danger of an epidemic of drug-resistant diseases.

The greatest medical miracle of modern times has been heedlessly squandered on the altar of intensive agriculture.

To be fair, in Britain and some other European countries, the governments have woken up to the danger. The use of some antibiotics has been banned.

They also say that farmers must relearn the old-fashioned techniques of good husbandry, instead of relying on drugs.

But it is proving incredibly difficult to close Pandora's box. Many farmers simply switch to other antibiotics like *avilamycin*, which is being tested to replace drugs that have become ineffective.

What can the Natural Eater do? Mostly you will not be eating much of these products – perhaps the occasional chicken breast. Always go for organic. But the situation is far worse. *Everybody* is vulnerable to antibiotic resistant diseases.

It is down to every citizen to make his or her opinion felt about these matters through every channel available to them.

Hints & Tips

Low on Oil

Instead of using oil to cook diced aubergine (eggplant) or sliced courgettes (zucchini) try the 'oil and water' method.

Many vegetables soak up oil and this method greatly reduces the quantity of oil absorbed.

Put ½ inch of water into the pan with a clove of sliced garlic, a bay leaf or a pinch of oregano and a pinch of salt.

Add one or two tbs. of oil (Canola or olive) according to the quantity of vegetables.

The boiling water forms an emulsion with tiny droplets of oil that remain in suspension during cooking.

Add the vegetables. They will cook perfectly in just enough water and just enough oil so that they go a

beautiful golden brown when the water has evaporated.

This method also works with cabbage, cauliflower and broccoli.

Dining Out

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

Slow Down

Take time to eat. Allow time between courses. It takes 20 minutes before your brain registers fullness. Enjoy the company, chew food slowly, take in the surroundings.

It is deplorable how, in even classy restaurants, the emphasis is on serving you quickly and getting you out of the door as fast as possible.

Don't allow yourself to be given the rush. Take your time. Take a leaf out of the French or Italian book. They know how to enjoy a meal stretching it out with some agreeable conversation.

That is the way to control the quantities that you eat and to give yourself an unhurried digestion as well.

Courage to the Sticking-Place

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

Focus on the health benefits – not just weight loss.

It can be hard work just waiting for those pounds to slip off. They are so fast to put on! Indeed they can go on much faster than the body can take them off again.

So while this is going on, think about all the other good things that are happening.

Worried about high blood pressure or cholesterol? Take comfort that these conditions are being brought under control. Take courage from the Vilcabambians and the Hunzas.

Every day that you are on the Natural Eating program, is a day that you are improving your vital signs and your life expectancy.

Feature Article – Natural Eating for Disease Control THE FOOD/DIGESTIVE DISEASE CONNECTION (II)

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

Part II -- Constipation, Colon Cancer, Diverticulosis, Diverticulitis, Ulcerative Colitis, Irritable Bowel Syndrome, and Piles

If you don't have a bowel movement at least once a day you are constipated. This is a completely self-inflicted condition and the remedies are simple. Eat lots of plant food. Why? Because the bacteria in your colon live on the residue from them. The bodies of bacteria form the bulk of feces. Don't be sidetracked into eating bran products. Bran is abrasive and not at all what the intestinal tract is designed for. On the contrary it is designed for the 'soft' fibers like pectin and guar that are found in

apples and other fruits. Oat bran is an exception. It contains quite a high proportion of soluble fibers. A bowl of oatmeal or oat bran from time to time is OK. A cautionary note: most people's digestive tract has been hardened into working only when it is whipped into action by the harsh, insoluble fibers. Shift the emphasis to the soft fibers over a period of several weeks. Give the intestinal muscles time to respond to the subtle signals. Give them time to find again their natural tone. Primitive societies consume up to

100g of fiber a day from vegetation and fruits. Their intestines are healthy and they never suffer from intestinal diseases. The average American only consumes 11g of fiber per day. Even the recommended minimum of 30g per day is way below the figure for optimum intestinal health. Remarkably little is known about what exactly happens in the colon. We do know that the bacteria, both good and bad, get busy feeding on the residues and are, accordingly, creating new compounds that are

usually reabsorbed into the blood stream. So even the 'indigestible' elements of what we eat end up in our bloodstream. Some of these products like acetate, propionate and butyrate have profound effects on both the lining of the intestine and on body biochemistry (such as production of cholesterol).

Incorrect ratios can lead to the conditions known as colitis and irritable bowel syndrome. These two conditions can also be aggravated or triggered by an allergic response. The commonest allergens? Wheat gluten and lactose (milk). Avoiding these two quite unnatural food elements is both rational and curative.

Similar conditions lead to colon cancer, piles and the diverticular diseases. The lining of the intestine is just not designed to have hard, toxic, bacteria laden feces hanging around. Contrary to earlier wisdom, diverticular disease is best treated by eating plenty of fiber - but 'soft' or soluble fiber, the kind that is found in fruits and vegetables.

The full story is being unraveled. But we don't need to know the detail in order to eat wisely. We know from population studies and anthropological studies what we tell you. Eat naturally and all these matters turn out right.

Gastroesophageal Reflux:

This is the distressing condition whereby food in the stomach leaks back past the inlet valve into the esophagus. Stomach acid makes painful burns on the esophagus wall.

Perhaps the most important cause is bad food combining (Chapter Five). It puts an unrelenting stress on that inlet valve and the hormonal reflexes that control it

Drinking alcohol before going to bed is another common trigger to this dysfunction.

Previous food/disease connections available on request:

- Jan Arthritis, multiple sclerosis, lupus
- Feb Cardiovascular Disease
- Mar Immune System part I – Cancer
- Apr Diabetes
- May Obesity and overweight
- Jun Osteoporosis part I
- Jul Osteoporosis part II
- Aug Immune System part II
- Sept Digestive System Part II

**Fridge Door Summary
Digestive Disorders**

Digestive Disorders Harmful Food Practices
Bad Food Combining: follow religiously the food-combining rules in the Manual
High Carbohydrate Diet: - cut out <i>bad</i> carbohydrates: most cereals, bread, pastries, sugars, honey etc. see the Manual
Consumption of Potential Allergens: - cut out dairy products, wheat products etc.
High Meat Diet: - cut right down consumption of beef, veal, pork, lamb, chicken, turkey, meat products etc.

Digestive Disorders Helpful Food Practices
Practice Good Food Combining
High Vegetation Diet: consume 3 lb. per day of all unrestricted salads and vegetables, see the Manual
High Fruit Diet: consume 2 lb. per day of all unrestricted fruits, see the Manual

Digestive Disorders Other Harmful Lifestyle Activities
Stress: stress causes the stomach lining to inflame and function abnormally
Lack of Exercise: encourages constipation
Alcohol Abuse: encourages constipation and disturbs proper functioning of gastric reflexes

Next month: *Candidiasis*

G.M.O. Update

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

Terminator Genes Terminated

Monsanto, the giant U.S. biotech agro-industrial company has announced that it will forego the production of crops containing 'terminator' genes.

These are genes that render a crop sterile after it has reached maturity.

For example, corn has been produced with this gene. It has the peculiarity that the farmer cannot save any of the seed to plant the following year – it is sterile. He has to buy a further supply of seed the following year from, guess whom? Yes, Monsanto!

Environmental groups particularly criticized this technology. There is the worry that the sterility could spread to healthy varieties and so diminish the gene pool.

Secondly, it runs totally counter to good farming practice, especially in third world countries, where prudence dictates that the farmer always saves seed from one crop to plant the following year.

The environmental groups saw this strategy as a way for Monsanto and other biotech companies, like Novartis, to sew up the world market in seed.

Monsanto just about admitted as much. In the subsequent furore they agreed to drop commercializing this product.

From Front Page

Morning Sickness (cont.)

Freud proclaimed that the nausea represents loathing for the pregnant woman's husband and her desire to abort the baby orally!

Profet's theory fits in well with other evidence, too. The nausea disappears about the time the embryo has developed its organs and copes just fine with plant toxins.

Women with pregnancy sickness typically avoid bitter, pungent, highly flavored foods, which are the ones most likely to contain toxins. She has a more highly developed sense of taste and smell.

Plants have developed a battery of chemicals – insecticides, poisons, paralytics, fungicides and strong bitterness to dissuade plant-eaters from consuming them.

Humans, like other major plant eaters have developed wonderful detoxifying systems, notably the liver.

Should women fight morning sickness and eat plant foods anyway? Not really! She should listen to her body, worry not about 'eating for two', go with the flow and wait for the phase to pass.

Centenarians

The Vilcabambians had a hard physical life with lots of exercise right to the end. The same goes for those other famous centenarians, The Hunza.

Sources:

- *New England Centenarian Study; Perls and Silver; 1999.*
- *Life Span Prolongation; Frolkis and Muradian; CRC Press 1991.*
- *Leaf, Gerontology; Hunza, Georgians, Vilcabamba; Nutrition Today; Sept 1973*

Comment: All the signs for longevity point to a very frugal diet, high in vegetation, and very low in fat and animal protein. Sounds familiar?

Other strong pointers for a long healthy life are: plenty of exercise, a good sense of humor, the ability to cope with stress well, and remaining mentally active.

Iceman (cont.)

The most recent discoveries concern the analysis of his hair. By studying stable isotopes of carbon and nitrogen, it is

discovered that Ötzi had a high vegetation diet.

A high vegetation diet had already been deduced from the pattern of wear, scratches and so forth on the Iceman's teeth.

Source: *FASEB J; 13:3 559-62, 1999 Mar.*

Comment:

Ötzi of course lived at a time and place where the farming revolution had already taken place some thousand years earlier.

In that respect Ötzi's diet is not directly indicative of how our Pleistocene ancestors ate 50,000 years ago. Nevertheless it illuminates some dark corners on the eating habits of our more recent farming ancestors.

It is a puzzle as to why the Iceman was in such a dangerous place at all, high up in the Alps where he could be overtaken by a murderous blizzard. It is speculated that he was herding sheep, bringing them down from high pastures as winter set in.

It is not surprising that Ötzi had a high vegetation diet. It is a common feature of farming communities in those times. He was also found with a quiver of arrows, so we may suppose that he occasionally ate small game and birds.

Virtue Label Revealed

Dressing for Virtue

This salad dressing, made by Sweet Adelaide Enterprises of Hawthorn, California, and sold by Pier 1 Imports, shows how to steer a tricky course through the design of a potentially dangerous foodstuff.

Full marks for using Canola oil, one of the few 'good' fats. No hint of safflower oil, corn oil or the other 'bad' Omega 6 oils.

Full marks too for the Fructose, the only 'good' sugar. None of your 'high fructose corn syrup' (which is nothing of the sort), sucrose, maltodextrin and other blood-sugar main-liners.

Finally, none of the fillers and junk flavorings and preservatives like whey, modified wheat starch or di-potassium phosphate and anatto coloring. Just good wholesome wine vinegars and spices (look at the high quantity of basil!).

Compare this to the sorry story of the Pritikin Salad Dressing featured as the Darwin Label of July 1999.

Lobby Fodder

We are under constant assault from food lobbies that want to entice or frighten you into consuming their products.

Don't Lose Control over 'Take Control'

Lipton recently announced the launch of Take Control salad dressings that are supposed to help reduce cholesterol levels. Said Lipton chirpily, "consumers can use Take Control spread in the morning with breakfast and the dressings later in the day with lunch or dinner. We expect Take Control salad dressings to be a big success."

Lipton has launched a national advertising and marketing campaign featuring talk show host Regis Philbin.

Comment:

Food manufacturers are always looking for the 'edge'. Here they are

betting (probably rightly) that consumers will be tempted to 'fix' their cholesterol problem rather than make radical dietary changes – the only thing that really works. Take Control is still fat and a bad one at that. Avoid.

NE Book to be Published Much Awaited 'Bible' to Natural Eating will be Available Soon

Griffin Publishing are at the typesetting stage. The favored cover is shown at the bottom of the page

The book will be available from us, from December 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: \$19.95 + \$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 watercolors. 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

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