

Natural Eating™

Private Subscription Newsletter

Healthy Ancestors; Diet of Worms; Spam's Darwin Label; Fat and Lazy Domestication; Vegetable Wrap; Q & A: Rice; Vegetable Juice; Slimming with Alcohol; Cheese Frugality; Pita Hint; Serving Size; Feature Article: Candida; FDA Awakes to G.M.O.'s; French Sludge in our Plates; Vegetation Improves Lungs and Stroke; Babies reject Sorbitol; Pima Diabetes Plague; Functional Food Onslaught; Messages.

Current Anthropology

Robust Neanderthals

Neanderthals were surprisingly healthy, according to a two-year study of prehistoric bones discovered in Croatia.

"Their bones were as healthy as those of modern humans," said University of Pennsylvania radiology professor Dr. Morrie Kricun, a bone specialist who studied the X-rays of 874 Neanderthal bones that came from more than 75 individuals.

"They did not suffer from any inflammatory arthritis, inflammatory diseases of the spine, malignant tumors, metabolic or endocrine disorders.

Sure, there was arthritis in some of the joints, some bone fractures that healed very nicely and a benign bone tumor in a rib of one of the individuals. But they were a healthy group based on their bones,"

Comment: "Surprisingly healthy"? It just shows how smug we are to imagine that you have to live in modern times to be healthy. Indeed the Neanderthals were a lot *healthier* than the average citizen today!

These peoples lived over 130,000 years ago in the mysterious dank forests of central Europe, well before the arrival of our ancestors. Their men were nearly seven feet tall and heavily muscled like heavy-weight prizefighters.

They must have been formidable creatures to come across on a dark winter's night.

Continued page 5

Gut Feelings

Worms are Good for You

American children 70 years ago had a closer relationship with dirt than they do now.

There were fewer sidewalks, paved roads and indoor toilets, and kids spent more time playing outside in their bare feet. As a result of this daily contact with soil, almost all youngsters were infected with intestinal parasites such as hookworms, pinworms or whipworms.

And that was a good thing thinks Joel Weinstock, director of the Digestive Disease Center at the University of Iowa. The cause of ulcerative colitis and Crohn's disease, is a mystery. It is thought to be due to a dysfunctioning immune system in the intestines.

The diseases cause abdominal pain, diarrhea and gastrointestinal bleeding. In the West, the disorder is rampant, whereas it is rare in poor countries where parasitic worm infection is common.

The intestine houses a complex ecosystem, including 200 to 300 different species of bacteria as well as various viruses and parasites. All of the inhabitants modulate the intestinal immune system.

Weinstock infected six patient volunteers with worms. All six patients improved substantially. Five went into complete remission. The treatment had no noticeable side effects.

Continued page 5

Darwin Food Label Only the Fittest Survive

Study this label and decide why this food should be avoided. Appraisal on Page 5.

SPAM

Nutrition Facts

serving size 2 oz. (56g)

calories 170

fat cal 140

	%DV
Total Fat 16g	25%
sat fat 6g	30%
Cholest. 40mg	13%
Sodium 750mg	31%
Total Carb 0g	0%
fiber 0g	0%
sugars 0g	
Protein 7g	

Ingredients:

Pork with ham, salt, water, sugar, sod. nitrite

serving size:

2 count ¼ x 3½ x 2

(1 sliced bread sandwich)

Quote from the Past

Trouble-free food

"In a state of domestication, the animal is supplied regularly with an abundance of very nutritious, though often unnatural food, without the trouble and exertion of having to seek for it. In consequence it becomes bulky and lazy."

Adapted from Blyth, Naturalist, 1835

Comment:

In Victorian times it was domesticated animals. Today, it is human beings!

Simple Food Fix

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

Vegetable Wrap

Ingredients:

- 1 whole-wheat tortilla or 'wrap'
 - eggplant and humus spread
 - spinach
 - alfalfa sprouts
 - tomatoes, sliced
 - onion, chopped or rings
- Choose a brand of ready made whole-wheat tortilla that is made just from whole-wheat flour, yeast and maybe a little salt. The tortilla should be rolled out really thinly.
 - Choose a brand of ready-made eggplant and humus spread that is made from pure ingredients and olive/Canola oil. Spread it thinly over the tortilla.
 - Over a central strip of the tortilla lay down the spinach leaves and then heap up the other ingredients.
 - Fold the outside thirds of the tortilla towards the center, thus wrapping in the ingredients.

Comment:

Bread? This technique uses a lot less bread (tortilla) than a conventional sandwich. It also makes it possible to incorporate a really good volume of vegetation.

The use of pure humus is not particularly recommended since it is a high fat food. There are other tasty vegetable or bean dips and spreads on the market that can substitute for the eggplant and humus spread if you cannot find it.

Alternatively, use a yeast extract such as Marmite or Vegemite.

As for the vegetation, it is possible to use any suitable salad vegetable, but note that this is a great way to eat that super-vegetable – raw spinach.

Reader's Questions

Nippon Contradictions

Q. *You hold up the Japanese as having a good basic diet. Yet they eat a lot of rice. How can this be?*

A. The Japanese traditional diet is a good one – but not perfect! It could still be improved. Rice is one area where they need to be careful.

Even so rice, particularly the variety that the Japanese eat, is classified not as a 'Bad' carbohydrate, but as a 'Borderline' one.

Secondly, traditionally the Japanese don't eat very much anyway. The Japanese army during WWII was reputed to march on just one bowl of rice a day.

The Japanese consumption of rice per head used to be about half the consumption of wheat per head in the West.

So the Japanese used to eat far less cereal than we do and it is a less dangerous one anyway.

What about food combining? Sure, the Japanese are not sensitized to this question any more than in the West.

Even so, by chance, their habits are likely to have spared them the worst repercussions.

Traditionally, the Japanese do not eat meat – so that is one danger out of the way. Secondly they do eat fish – but the quantities are small. Rice is a low protein food. With the small amount of fish that they use, it doesn't even add up to the amount of protein that naturally occurs in bread!

Nowadays the traditional Japanese diet is being lost. With prosperity and globalization, they eat more rice, more wheat, more meat, more fish and much more fat. Their health is suffering (see 'Japanese Degenerate' in September's Newsletter). Future Japanese

generations will not be held up as an example of how to eat.

Fruit/Veg Juice Savvy

Q. *I heard that fruit juices were to be avoided. What about vegetable juices like tomato juice?*

A. Technically, tomato is a fruit but it behaves in most ways as a vegetable. It has a low glycemic index and is a low fat, low calorie food.

The pure juice made from tomato is a good standby. Use it as a soft drink at cocktail parties for example. It is also useful in various recipes and salad dressings.

Many tomato juice processors have a bad habit of adding salt to their product. Always go for the "no added salt" version.

There are other vegetable juices on the market – VO5 for example. Read the ingredient list. Many of them have incredibly high quantities of salt. Give them a miss.

Many too use high glycemic vegetables like beets (beetroot), parsnip, pumpkin and rutabaga (swede). Don't over-react to this if you see it. A tumblerful from time to time is OK. Just don't go drinking gallons of the stuff.

Slimming with Alcohol

Q. *I am worried about weight gain, yet I like a glass of wine from time to time. How important is it to keep off alcohol when slimming?*

A. In theory it is possible to lose weight even though you consume just a glass, say, of dry wine per day. In practice people find that it makes the job very hard.

There are two reasons. Alcohol is empty calories – 100 cal in a 150 cl. wine glass. Manageable, but you do have to give up on something else more healthful to do it.

Secondly, and this is more insidious and not generally known, alcohol has the effect of disrupting the fat release mechanism in the fat cells.

As a consequence, during the time that alcohol is circulating in your blood stream, it is stopping you from achieving your ambition – losing fat. Worse, lowered blood glucose levels might make you hungry for something sugary and glyceemic. Resisting this is yet another demand (and a gratuitous one at that) on that precious resource, your willpower.

All in all, people generally find that it is much easier to handle slimming if they keep off the alcohol.

Don't Say Cheese

Q. *You recommend avoiding cheese – yet you still use it in cooking and as a dish – why?*

A. Our starting point is always to look at the kinds of foods which are novelties in the human diet. Cheese is one of them.

The next stage is to see what is good and bad about this 'novel' food.

Of all the dairy products, cheese has one of the fewest drawbacks. It has little lactose and its bad fat is poorly absorbed into the body. It has good, strong flavor, which is appreciated in cooking.

Nevertheless many people are still allergic to cheese and it is only too easy to overeat it. The protein in cheese, casein, is very bad for the body. In particular it raises cholesterol a lot.

So the bottom line on cheese is that it is grudgingly accepted as an occasional gourmet experience and as a useful flavor enhancer in cooking. Don't overdo it!

Eliminate cheese entirely if you suspect allergic reactions – migraines, bowel disturbances, rashes, congestion and the like.

Hints & Tips

Picking the Pocket

We often suggest making pita pocket sandwiches. Like the tortilla wrap (Quick Fix on page 2) it gives a high vegetation/low bread ratio.

Pita pockets can sometimes be difficult to open, especially if they come straight from the fridge.

Warm them for 15 seconds in the microwave first.

It will then be easy to slice them down the middle and carefully prize open each half.

Serving Sizes

One man's serving is another man's feast. The U.S. Government has codified what a 'serving' is for food labeling. It doesn't often coincide with the average consumer's notion of a normal portion.

A single serving of Meat is about *three ounces* of lean chicken, meat or fish. That is only the size of a deck of playing cards.

The American Heart Association says that Americans eat too much protein. One serving per day is enough.

Source: Facts About Labels; American Heart Association; 12-97

Comment:

This fits in perfectly with our Natural Eating precepts. Humans are just not designed for large quantities of meat, let alone farm meat. Keep it to the occasional side dish.

Feature Article – Natural Eating for Disease Control THE FOOD/CANDIDIASIS 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/Digestive Disease Connection, Part 2. This month we look at the connection between our eating habits and Candida.

Candidiasis

Candida is a kind of yeast that is present in everyone's intestine. It is a malevolent organism, but under healthy conditions it is kept at bay by the 'friendly' bacteria in the intestine which crowd out harmful organisms and the immune system, which is patrolling the body gobbling up foreign bodies.

Candidiasis is the condition caused when the candida organism grows out of control. It causes discharges from various mucus membranes, particularly the mouth and vagina. It

also causes gastrointestinal upsets, constipation, itching rectum, gas, cramps and flu-like symptoms.

Candida growth is encouraged by:

- the foods it likes, notably the undigested particles of sugars and starches
- the absence of 'friendly' bacteria in the intestine
- a weak immune system
- a porous intestine, that allows the yeast to grow and spread throughout the body
- high levels of sugar in the blood

Strictly eating naturally would, of itself, be all that is necessary. However, it is important to focus on the measures that help this particular condition:

- reinforce the immune system (see Immune System segment)
- starve the candida of nourishment
- ensure good intestinal health (see Digestive Disease segment)
- provide nourishment to 'good' bacteria

Fridge Door Summary Candidiasis

Harmful Food Practices

Bad Food Combining: adopt punctiliously the food-combining rules

High Carbohydrate Diet: cut out *bad* carbohydrates: most cereals, bread, pastries, sugars, honey etc., and *borderline* carbohydrates: remaining cereals, dried fruits, banana, rice, etc... (see pages 3 and 4 of Chapter 3 in Survival Manual)

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

Omega 6 Vegetable oil Consumption: cut out sunflower oil, safflower oil, corn oil, peanut oil etc.

High Meat Diet: cut down beef, veal, pork, lamb, chicken, turkey, meat products

Helpful Food Practices

High Vegetation Diet: consume 3 lb. per day of all unrestricted salads and vegetables, see page 2, Chapter 6 of Survival Manual

High fruit diet: consume 2 lb. per day of all unrestricted fruits, see page 2, Chapter 6 of Survival Manual

Other Harmful Lifestyle Activities

Lack of sleep: depresses the immune system

Lack of exercise: encourages constipation

Alcohol: depresses the immune system

Stress: depresses the immune system

G.M.O. Update

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

FDA Wakes up

U.S. scientists have been surprised by public resistance abroad to bioengineered foods. Critics in Britain deride them as "Frankenstein foods"; Thailand banned importation of G.M. seeds; Europe demands that bioengineered foods be labeled so that consumers can avoid them. U.S. critics demand that they be labeled here as well.

Two U.S. baby-food makers announce that they no longer use biotech ingredients. Such ingredients are used widely, from soybeans and corn to soft drinks and spaghetti sauce.

The Food and Drug Administration begins extraordinary public meetings in Chicago on

Nov. 18, Washington on Nov. 30 and in Oakland, Calif., on Dec. 13.

The FDA reassures consumers by saying that food makers would not be allowed to put a gene from nuts into beans, for instance, because too many people have life-threatening nut allergies.

Adapted from AP

Comment:

That last comment about nut allergies reveals what a Pandora's box has been opened.

Gene splicing is sold as a targeted, precise method to achieve a desirable quality – usually saving the farmer money.

In fact genes are multi-purpose and the full ramifications of any particular gene are quite unknown.

The FDA knows this, hence its imprecise, blanket ban on nut genes. But it didn't bring any of these issues into the open before authorizing production of GMO's and their infiltration of the US market.

Ostriches

We prefer not to know how our food gets to us.

'Merde' in our Plates

The nation that gave us haute cuisine and cordon bleu has a darker side to its food industry. A scandal has broken out in the European Union. It has been discovered that French farmers have been feeding farm animals on sewage sludge.

What happens is this. Slaughterhouses and rendering plants swill down the debris and animal excrement that even they cannot find any use for. This sewage passes to a treatment plant that also treats the human sewage from the lavatories.

The solids are filtered from the liquid, the fats and greases are separated and pressure cooked at 133°C. This residue is then sold as a cheap and calorific additive for pig- and chicken-feed.

The European Union feels queasy about this practice, as do

most consumers, now that they have found out about it.

You might think that the animal feed people would say, "it's a fair cop" and abandon the practice. None of it.

A battle royal is preparing between the sludge-eating countries, France, Germany, Holland and Belgium and the European Commission.

Say no More

Vegetation improves lungs

Dr. Cora Tabak in the Netherlands, studied data from over 3,000 men, collected during the 1960s in Finland, Italy, and the Netherlands. Those with the higher intake of fruit and vegetables had a better spirometry-tested lung function.

SOURCE: Thorax 1999;54:1021-1026.

Vegetation Reduces Stroke

Men and women, who eat at least five servings of fruits and vegetables a day, are 30% less likely to suffer from ischemic stroke than those who eat fewer than three servings a day.

Dr. Joshipura's team studied 75,596 women of the 14 year Nurses' Health Study and 38,683 men of the 8 year Health Professionals' Follow-Up Study. Healthiest were those who ate broccoli, cabbage, cauliflower, Brussels sprouts, green leafy vegetables, and vitamin C-rich fruits

Source: JAMA 1999;282:1233-1239.

Kiddy Corner

Fruit Juice Warning

Babies under one year old do not have the fully developed enzyme system to digest sorbitol, commonly used to sweeten fruit juices such as pear juice. Such babies suffer discomfort, gas and diarrhea. Sometimes they are just plain cranky. So says Dr Cole's study on seven infants.

Occasionally fruits that are naturally high in fructose, such as pears [and apples] can cause similar symptoms

Source: APAM 1999;153:1098-1102.

Comment: Why on earth add artificial sweetener to a fruit juice? Any mother who gives her baby this stuff deserves the sleepless nights!

Ideally babies would not be weaned before a year anyway, when their digestive apparatus is becoming more mature.

Diabetes Watch

The 'Pima Plague'

Amputations, blindness and kidney dialysis are a way of life among the 11,500 Pima Indians. Diabetes has jumped to 80% from 45% in 1965.

The tribe blames dramatic changes in their lifestyles and diets. Cholla cactus buds and jackrabbit have been replaced by fatty, processed foods. Exercise has plummeted.

Obesity is growing. It is not unusual for Pima kindergartners to weigh more than 75 pounds and adults more than 300.

"I shock my people by saying that if we don't get this in check now, we'll become an extinct people 75 years from now," said Pima Governor Mary Thomas, herself a diabetic.

Comment:

The Pima today, the rest of us tomorrow. Many 'frugal gene' peoples health have already caved in to the bad carbohydrate, bad fat onslaught.

Caucasians (of European and Near East origin) appear to have more resistance, but even that is not sufficient. Diabetes is now rising exponentially in all sectors of Western populations.

From Front Page

Neanderthals (cont.)

DNA analysis shows that humans do not have any Neanderthal genes. Thus although the Neanderthals were very human-like (hunting mammoth and using fire) the Neanderthals were not our ancestors and apparently did not breed with them.

It is speculated that our ancestors moved into the same area some 30,000 years ago and found themselves in competition

with the Neanderthals. It may not be too fanciful to ascribe the folk legends of man-eating giants to this period of uneasy confrontation.

In the end our ancestors won out and the Neanderthals became extinct about 25,000 years ago.

Worms (cont.)

Comment:

It comes to some people as a disagreeable surprise to find that human beings live in such close symbiotic relationships with many parasites.

Even so, it is now well accepted that there are 'good' bacteria like acidophilus. People even dose themselves with it. Why not worm eggs as well?

The idea seems off the wall but stranger things have happened. Of course, most parasites are there for the free ride and do not have our interests at heart.

It is this thought that leads us to the knee-jerk reflex of killing all parasites, the good with the bad.

A similar phenomenon was noted with gorillas in captivity. In the best kept zoos the gorillas would suffer from diarrhea and other diseases suggestive of protein deficiency. The well-meaning zoo-keepers had been medicating the gorillas to rid them of intestinal parasites.

It was later realized that these parasites were not only important for proper intestinal health, they also became digested by the gorilla and provided a useful source of protein.

A classic example of the Law of Unintended Consequences.

Darwin Label Revealed

Spam Slam

Spam is a by-word for processed meat. But just take a look at what it contains.

'Pork and ham'. Isn't ham pork by another name? Not in food labeling it isn't! Pork can mean anything that comes off a hog's carcass – boiled up skin, brains, trotters and fat – plenty of it. This product is 30% fat!

What about protein? If you are eating Spam don't kid yourself that

you are eating a high protein food. It has less protein (12%) than whole-wheat toast.

And of course the ever present sodium – 750mg in the one slice. Remember; multiply by three to get the weight of salt. It comes to 2,250 mg of salt – over 30% of the daily maximum in just one portion!

And what is one portion? Just enough to make the filling for one sandwich. How many consumers will stop there?

No. Spam is a very high fat, very high sodium, low protein, and processed food. Avoid.

Siren Song
Like Odysseus, strap yourself to the mast and sail past the siren songs.

FDA OK's 'Functional Foods'

Brace yourself for an onslaught of claims for this new addition to the marketer's vocabulary.

Ketchup and grape juice are among a growing number of so-called "functional foods". These can be natural foods or they can be fortified, enriched, or enhanced foods that have a potential beneficial effect on health "when part of a varied diet".

Other products waiting in the wings are:

- Soy protein – "for its ability to reduce the risk of heart disease".
- Tomato products and broccoli – "for their ability to reduce the risk of various cancers".

- Foods enhanced with plant-based fiber such as psyllium – "for their ability to lower blood cholesterol".

Comment:

Natural foods such as broccoli and tea have been making headlines as 'healthful' foods for a few years.

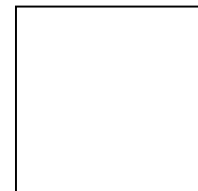
The answer lies not in cherry-picking the odd foodstuff that might be helpful in one area, particularly when, like ketchup, its sugar content is undermining another aspect of health.

This is yet another case of the Sorcerer's Apprentice Syndrome – meddling to fix one thing only to have consequences that are worse than the original problem.

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

The book will be available from us shortly and it will be in the bookstores in the Spring. Discounts are being offered for those who register now. Write to us, without commitment, either on-line or at the contact addresses below.

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Upcoming Events
 Illustrated Talk: 'Natural Eating' at The Holiday Inn, Sheridan, Wyoming. December 7th at 7.30 p.m.

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