

Natural Eating: Eating in Harmony with our Genetic Heritage

March 2000

Nutritional Anthropology™

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The Bond Effect

www.naturaleater.com

Private Subscription Newsletter

Success Stories; Chocolate Heart; Trader Joe's virtuous peas; Cancer Gene Cop-out; Getting an Oil Change; Recipe: Minestrone; Q&A: Empty Calories, Social Situations; Sexual Inequality, Catching the Rye, USDA Comes Good on Organic; Coffin Nails; Dining Out: Blimpie, Olive Garden; Hints and Tips: On the Road, Nut Savvy, Portion Sizes, Facts and Fallacies; Quote of the Month; Large Portions=Fat Kids=Diabetes

Success Stories

Clarity from Confusion

I had been in poor health for several years due to complications of thyroid and thyroid eye disease when my sister Louise recommended that I try your program of Natural Eating.

After only 6 weeks of following your program, I have an almost euphoric feeling of good health and energy, I have lost over 10 lbs, and my doctor was amazed at the condition of my eyes. It feels so good to feel so good – thank you!

Donna Filcher – Rancho Palos Verdes, California

Silver Linings

Chocolate gives Heart

Professor Keen reports that chocolate reduces overactive platelet function, which is important for general cardiovascular health. Platelets are small blood particles that play a major role in clotting.

Chocolate is believed to contain a high level of flavonoids, naturally occurring plant compounds that inhibit platelet activity, boosting blood flow, Keen said.

Comment: See Page 5

Virtue Label

Not all processed foods are rubbish. Here we encourage a food producer who is doing the right thing. Comments page 5

TRADER JOE'S PETITE PEAS

Nutrition Facts

Serving Size 2/3 cup (85g)

Calories 70

from fat 5

Total Fat 0.5g

1%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 10mg

0%

Total Carbohydrate 12g

4%

Dietary Fiber 4g

16%

Sugars 6g

Protein 5g

Vitamin A 6%, Vitamin C 15%, Calcium

0%, iron 4%

Ingredients: Petite Peas

Now turn to Page 5

Kidding Ourselves

Cancer Gene Cop-out

Behavior is key:

Women who are rushing to get tested for so-called breast cancer genes kid themselves that their behavior is not by far the most important factor.

A study of women who signed up for genetic testing showed most were engaged in high-risk behaviors

such as smoking, low plant diet and failing to use sunscreen.

"Only 5 to 10 percent of all cancers are caused by inherited genetic mutations," said Karen Emmons of the Dana-Farber Cancer Institute in Boston.

Comment: See Page 5

Sorcerer's Apprentice

Omega 3:Omega 6 imbalance unbalances

One of the central tenets of Natural Eating is the fact that humans are designed to absorb their essential fatty acids in very close ratio of about 1:1.

With the overabundance of omega 6 oils in the modern diet, a whole range of illnesses has supervened.

Now it seems that even our mental state is affected. One of the newest and most promising areas of research is the use of omega 3 oils in treating depression, bipolar disorder, and schizophrenia.

Source: Dr. Andrew Stoll; Harvard Medical School

Comment: That is how Natural Eating creates a virtuous circle of well-being that reinforces the will to do yet better. Check your manual for the schedule of good oils.

Recipe of the Month

We are publishing a sample of recipes extracted from the forthcoming cookbook.

This month we feature this hearty traditional Italian vegetable soup. It makes a good starter, or a complete meal in itself.

Minestrone

serves 4

Ingredients:

- 5 oz (145 g) carrots, peeled, cut into $\frac{1}{4}$ inch dice (approx. $\frac{1}{2}$ cm)
- 4 oz (115 g) celery, sliced
- 12 oz (340 g) zucchini, cut in quarters lengthwise and then crosswise into thin slices
- 12 oz (340 g) green cabbage, shredded
- 5 oz (145 g) onions, chopped
- 3 cloves garlic, crushed
- 1 tablesp. olive oil
- 32 fl. oz (approx. 1 liter) vegetable broth, canned or homemade
- 1 can (15 oz, 425 g) pinto beans, rinsed and drained
- 1 tablesp. tomato paste
- 1 bay leaf
- 1 teaspr. thyme, dried
- salt to taste (approx. 1 teaspr.)
- $\frac{1}{4}$ teaspr. fresh-ground black pepper

Method:

- In a large pot, heat the oil and sauté the onions (see note 1) until tender but not brown.
- Add the garlic, carrots and celery.
- Cook for about 10 minutes uncovered, stirring occasionally.
- Add the zucchini and cabbage and mix well with the other vegetables.
- Sauté for another 5 minutes, uncovered.
- Add the vegetable broth, the beans and all the other ingredients (except the pepper).
- Bring to a boil. Simmer on low heat, partially covered, until the vegetables are tender, for approx. 15 minutes.
- Remove the bay leaf.
- Stir the pepper into the soup prior to serving.

Correction:

Some intrepid cooks have pointed out an error in the Rye Pumpernickel recipe given last month. The quantity of water to be used in the dough is 1 cup not $1 \frac{3}{4}$ cup.

For our international readers here too are some useful conversions:
 1 cup rye kernel = 6 oz (170 g)
 1 cup rye flour = 5 oz (145 g)
 1 cup water = 8 fl oz (225 ml)

Reader's Questions**Nutrient-free Calories**

Q. You mention in your talks and writings the term 'empty calories'. What are they?

A. This refers to foods that are very calorie dense without providing much in the way of nutrients or micronutrients. Typical examples are: fat, butter, vegetable oils, starches and sugars.

They are disparaged for a very good reason. Humans are designed to eat low calorie-dense foods that are rich in micronutrients. In other words the exact opposite of empty calorie foods!

Regrettably, the modern diet, (and particularly the snack and fast food industries) has flipped over to empty calorie foods. For this reason, we have to battle this tendency at every opportunity.

Social Situations

Q. Recently we were invited to dinner by some close friends who are very proud of their culinary abilities. We were horrified to be served up with osso bucco (veal shanks) and butter-fried polenta followed by a dessert of rich cream gateau with a sickly-sweet sauce.

How do you handle such situations?

A. Do the best that you can. You are only one meal away from getting back on track. It is understandable if you cannot

stomach the veal bones or, for that matter, the greasy polenta.

If necessary apologize profusely for having neglected to make known that you are on a special diet for allergies/cholesterol/whatever. Eat what you can to show appreciation to the cook.

The host/hostess will probably be mortified and will offer some alternatives. Play it by ear. Usually an omelet can be rustled up in short order and a bit of green salad.

It is surprising how close friends, who know that you "eat funny", catch one off guard.

Prevention is better than cure. Always think of calling ahead of the meal with some guidelines. Keep it simple. For example, say that you prefer fish to meat; that you like lots of salad; that you are avoiding desserts.

Sexual Inequality

Q. Why is it that men seem to lose weight a lot more easily than women? We have both gone on to your program but I am disheartened to see my husband make faster progress with less effort.

A. Not all men might agree with your generalization! However, it is a fact of life that, all things being equal, men have less body fat than women.

That is to say a fat man will still have a higher proportion of muscle than an equally fat women. The extra muscle is burning energy and is not part of the weight that has to be lost.

In a women, the extra fat has to be burned off and, being very calorie dense, this takes time.

A women will get much better results if she simultaneously does exercises to build muscle. Even when resting, that extra muscle is metabolizing excess fat.

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Catching the Rye

Q. I know that you recommend 100% rye pumpernickel as being the least bad of all the breads. But I have looked everywhere without success – where can I find it?

A. Yes. It is a sad commentary on the state of our food supply that such a simple commodity is driven into near extinction. Indeed, many supplies have to be imported!

That is one reason why we published the rye pumpernickel recipe last month (Note the correction this month.)

We do know of the following brands that can be found in Health Food Stores, some supermarket delicatessen counters and in good speciality grocery stores.

Rudolph's

100% Rye Bread.
(imported from Canada)

Sighting: Nature's Rx and Oasis Natural Foods, Palm Springs;
U.S. Contact:
Rudolph's, 200, Rittenhouse Circle,
Bristol, PA 19007.

Rubschlager's

100% rye Rye-Ola® Pumpernickel Bread.

Sighting: Vons
Contact: Rubschlager, Chicago,
IL60651

Lieken

100% Rye Bread Pumpernickel.
(Imported from Germany)

We are always interested to hear from our readers about new sources. Please contact us about any new sightings of conforming pumpernickel.

As ever be suspicious of the supermarket so-called 'pumpernickel' breads.

Neither the word 'pumpernickel' is a protected description nor, it seems is the word 'rye'. Vons has its own-brand 'Pumpernickel Rye bread' that is made almost entirely from refined wheat!

Worse, to get the dark brown color they dye the bread with caramel...

Back from the Brink

'Organic' Will Mean Quality

The USDA has had another go at introducing regulations to certify what is meant by the word 'organic'.

Last year, highly influenced by agro-industry, they published provisional rules that would have allowed genetically modified foods and many other dubious practices to be called organic.

The USDA was astonished by the vehement public opposition. They had never before had such interest – over 250,000 replies – from the general population.

In the light of this, the USDA backpedaled fast. They undertook a nationwide tour of public hearings.

In the teeth of the food industry's vested interests they have issued an enlightened, completely revised, set of rules.

The proposal specifically prohibits the use of:

- genetic engineering,
- sewage sludge
- irradiation
- antibiotics and hormones in organic livestock production

Furthermore:

- All organic animals must have outdoor access
- organic livestock must be fed on organic feed

The proposed national standard will stimulate one of the fastest growing sectors of American agriculture. The number of organic farmers is increasing about 12 percent per year, most of them small-scale producers.

However, the danger of a watering down is still not over. The lines are open again for comments.

Written submissions can be made on line at:

www.ams.usda.gov/nop

click on the 'Comment Form' button under 'SUBMIT COMMENTS' at the bottom of the page.

Here is the text of our comment:

"We welcome this revised proposal for organic products. Foods produced to this specification will now be on a par with similar rules in important trading partners such as the European Union.

If implemented, the consumer will be sure that the word 'organic' actually means something worthwhile.

We urge the USDA to resist any attempt to water down these revised rules."

We invite our readers to make their own comments known to the USDA. If you do not have on-line access, you can write to them as follows:

- Keith Jones, Program Manager, National Organic Program, USDA-AMS-TMP-NOP, Room 2945-So., Ag Stop 0275, P.O. Box 96456, Washington, D.C. 20090-6456.
- Comments may also be sent by fax to (703) 365-0760

Fag Nag

Coffin Nails

11 minutes of Male Life lost per Cigarette

Researchers in Great Britain estimate that men lose an average of 11 minutes of life for every cigarette they smoke.

They calculated that the average male smoker (13 a day) loses 6.5 years of life, which equates to 11 minutes per cigarette.

What might a man do with the extra life enjoyed by non-smokers?

The researchers suggest that for each cigarette foregone a man could "call a friend," "read a newspaper," or have "fairly frantic sexual intercourse." [What, 13 times a day!]

Source: BMJ 2000;320:53.

Dining Out

It is possible to eat wisely even in popular chain restaurants.

Blimpie:

Choose the 6-inch vegetable whole-wheat sub. Supervise the ingredients as they go in. Just salads, vegetables and a little pickles to taste. Definitely no spread, mayonnaise or cheese.

All that bread, albeit whole wheat, is not ideal but this is a very modest lapse. Food combining is fine and there is no fat.

Blimpie does make a laudable effort to publicize the nutritional content of its meals. However, to date, they have not responded to enquiries about what they put in the bread.

Olive Garden:

Olive Garden has a very good formula: a bottomless salad bowl as a free accompaniment to the main dish.

Ask for the salad bowl first and for dressing have just the oil and vinegar cruet. Definitely avoid all the other dressings on offer – they are horror stories.

When the basket of warm focaccia arrives, wave it away without regret. It is an undesired high glycemic bulk filler.

When you have finished the salad bowl ask for it to be refilled – and when that is done have it refilled a third time. This will give you the right amount of vegetation to dilute what comes next – spaghetti.

As a main dish choose the spaghetti marinara. Even though the spaghetti is not whole wheat, it still has a reasonably low glycemic index.

If you like, have a glass of red wine. Olive Garden generally has a good choice of unpretentious wines.

This meal again is not quite perfect – but it is good enough. And certainly far better than the choices made by the other diners!

Hints & Tips**Eating On the Road**

Eating healthily, while spending so much time on the road, may appear challenging at first—but it can be done! Take along nutritious meals and snacks, so that you don't need to rely on vending machines, convenience stores, quick-service establishments, or snack bars.

Take:

- vegetable finger foods such as broccoli and cauliflower florets, jicama and carrot sticks, zucchini and bell pepper circles, snow peas. Store them in plastic bags.
- all kinds of fresh fruit. Apple, pear, apricot, grapes, greenish banana, Wash, cut up as necessary and store in plastic bags.
- a couple of hard-boiled eggs per person.
- a punnet of cherry tomatoes. These are less messy than full size tomatoes to eat on the go.
- a small bag (3 oz per person) of raw, unsalted nuts – preferably walnut, almonds and Brazil nuts.
- sports bottles of water. Unsalted tomato juice is all right too. Take a thermos of iced tea. Definitely avoid fruit juices, sodas, colas and milk.

Nut Savvy

It is only too easy to think of nuts as an 'invisible' snack food. This is a major error. Nuts are a protein- and fat-rich food. They have more fat and protein than even fillet steak!

Rather, use your nut portion as a substitute for a meat ration.

Know your portion sizes

The standard serving sizes are deceptively tiny compared to the average consumer's idea of a normal portion.

Here is an example of sizes, established by the government and appearing on food labels:

Bread: 1 slice

Bagel: $\frac{1}{2}$ a bagel (size of a hockey puck).

Pasta: $\frac{1}{2}$ cup (size of an ice-cream scoop).

How many consumers stop after one slice of bread or $\frac{1}{2}$ a bagel? Compared to the information set out on ingredient labels, we overeat bad foods dramatically.

On the other hand we under eat good foods! The serving size for peas (see Trader Joe's Virtue label on page 1) is laughably low at 2/3 cup (2 1/2 oz, 85g).

Even though peas have a borderline glycemic index we can, and should, eat at least double that quantity at a sitting.

Fact or Fallacy

Myth or Truth? A food that is labeled "98% fat free" contains only 2% of its calories from fat.

Myth! The 98% fat-free claim refers to the weight of the food not its calories.

Myth or Truth? People are not born with a preference for salty flavors.

True! Preferences for salty taste are learned. As you cut down on sodium intake, your desire for salt will decrease.

Myth or Truth? Brown bread has more fiber and nutrients than white bread.

Myth! Brown bread can be made from white bread colored to make it brown. (Check out Von's 'pumpernickel' in Q&A.)

Rather, look for the all-important mention of 'whole wheat' ('wholemeal') as the sole flour ingredient. That is the only indication that you are getting the genuine fiber- and micronutrient-rich article.

Quote of the Month

"Obesity is a normal response to the American environment."

A genetic expert pronouncing on the alarming rise of obesity in

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America. He was arguing that humans are genetically programmed to function in an environment of meager food supply and high-energy expenditure.

In America the environment today is just the opposite: High-energy consumption and low energy expenditure.

Just so!

Kiddy Corner

Large Portions = Fat Kids

Nutrition researchers blame rising rates of obesity in part on the "super-sized" food portions many Americans have come to expect. Now, results of a study suggest that by the age of 5, children will eat more food than they actually crave or need when presented with larger portions.

But younger children were not influenced by how much food appeared on their plate. When they had had enough, they stopped. Up to the age of 5 is the window of opportunity to inculcate good eating habits. Don't command children to "finish up the plate".

SOURCE: Dr. Barbara J. Rolls, of Pennsylvania State University in University Park, and colleagues; *Journal of the American Dietetic Association* 2000;100:232-234.

Fat Kids = Diabetes

Diabetes was previously rare in children. Now, with ballooning obesity, diabetes is increasing to epidemic proportions.

Overweight children should be tested for diabetes every 2 years starting at age 10 if they have signs of insulin resistance, high blood pressure or high blood fat levels.

'Overweight' is defined as weighing more than 20% over the ideal.

Children with diabetes must be educated how to manage blood glucose levels, daily physical exercise and diet. In due course

they will need daily injections of insulin.

They should be screened regularly for onset of blindness, high blood pressure and kidney problems.

School programs should promote healthy food choices and increased physical activity.

Source: *Pediatrics* 2000;105:671-680.

Comment:

'Blindness', 'kidney disease', 'daily injections'. How loud do we have to shout? Our young generation is eating its way into a handicapped and decrepit future.

This is a parlous and improvident approach to their well being and the well being of society. An all-out war, akin to that against drugs, needs to be mounted against modern dietary errors.

From Page One

Heartwarming Chocolate

(Continued)

Participants were given a strong cup of cocoa – about one tablespoon of cocoa powder with warm water and sweetener. Platelet activation and aggregation decreased. White chocolate was ineffective

Source: *Meeting of the American Association for the Advancement of Science*, Washington, Feb 2000. Carl Keen is professor of nutrition at the University of California, Davis.

Comment:

Don't allow our pleasure at hearing these results be attenuated by the discovery that junk food maker, Mars, sponsored these trials.

This study may be self-serving, yet the ancient Aztec wisdom which recognized the medicinal properties of cocoa, has been amply demonstrated by many independent studies.

Note that we are talking here about cocoa. Chocolate can be good or bad according to the ingredients that are added to the cocoa. Mostly, as is the case with Mars, the final product is a milk laden, tooth rotting, and high glycemic, sugar rush.

We only kid ourselves

Comment:

The extent of human ability to find alibis should never be underestimated. Only by looking squarely at the uncomfortable truth can we hope to gain control of our health.

Mostly of course we prefer to enrich snake-oil merchants and charlatans who smoothly slide us what we want: a quick and easy fix.

Nowadays whole industries with sophisticated machinery (like the above gene machine) provide the same plausible, expensive and ultimately irrelevant service.

Virtue Label Appraised

Trader Joe's Virtuous Peas

Comment:

Is that it? Just peas? No other ingredient? This package of frozen peas is remarkable for not being adulterated with gratuitous salt and sugar.

Check any supermarket shelf and you will be very hard put to discover frozen peas that are just that.

Almost every manufacturer in the USA has the extraordinary practice of adding salt to frozen peas. The dose, 105 mg of sodium, amounts to 300 mg of salt per serving. – And note that a serving is laughably small. (see 'Know Your Portion Sizes'.)

The Natural Eater would be eating at least three times that amount, nearly a gram of salt in just one portion! Be wary of salt in all processed foods, even frozen – read the labels!

And the final kicker – Trader Joe's gives away this little gem at 99 cents for a 16 oz pack. The nearest rival is C&W's over hyped 'no added salt' product at \$2.00 plus.

The Natural Eating Book

The publishers, Griffin Publishing, have now overcome some production delays and the book will be available soon.

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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Natural Eating (UK)
Mail: 7, Maxwelton Close,
London, NW7 3NA, UK.

fax: +44 (0)181 959 2110

Visit our web site!
www.naturaleater.com
bondinfo@naturaleater.com

Natural Eating (USA)
Mail: PMB 517, 69-115 Ramon Rd, #F1,
CA 92234, USA

tel: +1 (760) 325 2835
fax: +1 (760) 328 8529