

Natural Eating: Eating in Harmony with our Genetic Heritage

June 2000

Nutritional Anthropology™

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The Bond Effect

www.naturaleater.com

Private Subscription Newsletter

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Bioarchaeology

Corn Clobbers Florida Natives

In pre-Columbian times, the native tribes of Florida lived a foraging existence. Clark Larsen PhD, professor of anthropology at the University of North Carolina has been studying the bones of ancient Timuca, Guale and Apalachee Indians.

Their bone chemistry shows that they had an extremely varied diet rich in a wide range of plants complemented by seafood and other animals. They drank from fresh water streams and ate little or no corn (maize).

With the arrival of the Spanish missions, the Indians were put to work – on the farms, in road construction, on government buildings and military projects. Their diet became much simplified and they were forced by the Spaniards into cultivating corn as a main staple.

Result? Stunted growth, dental cavities (caries), anemia, chronic infections, osteoarthritis, scurvy, parasite infections and generalized poor nutrition.
Source: Scientific American; June 2000; 80-85.

Comment: Page 5

Stop Press

The Book is Imminent!

This 'Bible' to Natural Eating will be available from us end June.

We are privileged to have the following endorsement from Dr Christopher C Brown:

"Dogmatic theories are becoming suspect in the face of innovative research by new thinkers like Geoff Bond. Natural Eating is a remarkable treatise providing extensive and convincing scientific support. I fully endorse Natural Eating and hope that it will have a significant impact on the future of nutrition as we know it"

**CHRISTOPHER C. BROWN, MD,
DIRECTOR OF THE SHERIDAN
RESEARCH INSTITUTE**

Order now and benefit from the pre-shop prices! See page 6

Natural Eating Babies

The first families to have adopted Natural Eating are multiplying! Here is an update.

Baby Boomer Bouvet

Congratulations to Jeanne Bouvet who gave birth to a robust Alexandre weighing 3.6 kg (8.0 lb). Jeanne and her husband Frederic have been Natural Eating disciples for over three years. Jeanne reports

that the pregnancy went superbly well and the midwives were extremely happy with progress.

Continued: page 5

Virtue Label

Not all processed foods are rubbish. Here we encourage a food producer who is trying to do the right thing.

Comments page 5.

Columbus

FREE RANGE

Healthier Eggs

Naturally Rich in Omega 3

Nutrition Facts:	
Serving size	1 egg (57g)
Calories	81
From fat	30
Amount per serving	
Total fat	5.9 g
Saturates	1.4 g
Monounsaturates	2.1 g
Polyunsaturates	1.4g
Omega 3	0.7g
Omega 6	0.7g
Sodium	0mg
Total Carb.	0 g
Dietary Fiber	0 g
Total Sugar	0 g
Protein	7.0 g
Vitamin E	12 mg

Now turn to Page 5

Recipe of the Month

Nicole's Pocket Cookbook is now available (details on back page).

Here we publish one of the recipes extracted from the book.

Spaghetti Salad

serves 6



Ingredients:

Salad.

- 2 packets (16 oz, 455 g) whole-wheat spaghetti ('angel hair' *)
- 3 avocados, medium size
- 1 lb. (16 oz, 455 g) Roma tomatoes, seeded and diced
- 7 oz (200 g) red and yellow bell peppers, cut into strips
- 3 green onions, sliced

Vinaigrette

- 4 tablesp. (60ml) olive oil
- 4 tablesp. (60ml) Canola oil
- 2 tablesp. (30ml) red wine vinegar
- 4 tablesp. (60ml) tomato juice
- 4 cloves garlic, crushed
- salt
- pepper

Optional:

- 1 can (6 oz, 170 g) pitted black olives, rinsed and drained
- 4 tablesp. fresh basil, chopped

Method:

Cook the spaghetti in a large saucepan, following the instructions on the packet.

Don't overcook. Rinse and drain in a colander.

In a large salad bowl combine the ingredients of the vinaigrette.

Add the tomatoes, bell peppers and onions.

Peel the avocados, take out the stone and cut into $\frac{1}{2}$ inch squares.

Add to the other vegetables in the vinaigrette.

Add the spaghetti and mix all the ingredients well together.

Comment:

This dish is marked down to four candles because it uses significant quantities of a grain food, pasta. Nevertheless, the damage is limited by using low glycemic, whole-wheat spaghetti. It also uses quite a lot of oil.

All this is mitigated by the high percentage of vegetables.

All in all a fine and tasty meal or starter.

**Angel hair whole-wheat, organic spaghetti is readily available in health food stores such as Nature's RX. In the US look out for the Deboles brand of Arrowhead Mills, 1-800 749 0730.*

Menu Test

You are on a long flight and have the following breakfast offered. How do you choose your meal?

Orange juice

Fresh Fruit

And Either

Traditional Mixed Grill: scrambled eggs, grilled bacon, pork sausage, tomato, Hash-brown Potatoes.

Or

Chinese style breakfast: stir-fried noodles, chicken, prawns and dim-sum

And

Croissant with butter and jam.

Coffee or Tea

Our answer next month

Reader's Questions

Raw Egg Safety

Q. *You use raw eggs in some of your dishes. How worried should we be about food poisoning?*

A. Eggs used to be safe. Parents, without worrying, could let their children lick the cookie-mixing bowl. Consumers, without fear, could eat raw eggs in salad dressings, egg nog and stuffing. Sunny-side-up eggs with runny yolks were great on toast. Our Pleistocene ancestors ate raw eggs by the nest-load.

What happened to safe eggs? Why are public health officials now urging us to eat only fully cooked shell eggs or to use pasteurized egg products?

It is a story of greed, sloppy hygiene and venal farming practices. And it's recent. The problems only really surfaced in the late 1980's.

As an example, just listen to what farmers do to raise egg productivity. They starve chickens until they lose 30 percent of their body weight — and lose feathers. When feeding resumes, egg production increases dramatically.

The bottom-line is more eggs. But this cruel practice also hugely increases the percentage of salmonella tainted eggs.

How likely is it that the egg you are eating is infected? Not great — it is estimated that one out of every 10,000 eggs is infected. But consumers have no way of knowing which one! However, the odds are stacked against you if you are a resident of a nursing home. 85 percent of deaths occur there.

But healthy people can still eat raw egg. Here are some pointers:

- Always buy your eggs from a chilled cabinet and keep them in the fridge. Salmonella does not multiply in eggs kept below 45°F.
- Buy free-range, organic eggs.
- Raw egg mixed with acids such as lemon juice or vinegar is thereby sterilized. Dishes such as our mayonnaise recipe will be safe.
- Buy pasteurized shell eggs. Some companies such as Pasteurized Eggs, L.P. of Laconia, N.H. are starting to supply them.
- Buy supplier-certified salmonella-free eggs.
- Campaign your representative to tighten egg hygiene laws.

Soy in Perspective

Q. *I was surprised by the article last month that criticized soy products —then I saw a TV program that made the same points. But isn't it all rather alarmist?*

A. We make no bones about it – the soy producers are presenting their products in the most favorable light. There are few to put the case for other side. The FDA meanwhile is trying very hard to hold the scientific ring.

This article was by way of redressing the balance. Its purpose was to point out that soy is not a miracle food. We must not mindlessly take the claims of the soy industry at face value.

Our article drew on over 30 sources: peer review journals, government publications (such as the FDA and the MAFF) and primary source books. These set out the downside to soy – the aspect that is glossed over by the soy producers. A selection of references is given at the end of this article.

Even so, in last month's article, we even-handedly said, "soy can be part of our eating pattern but treat it warily and keep consumption modest". We even use soy-based products in our recipes, where they can serve a useful purpose.

Why is there an officially backed campaign to replace mammal meat by soy? *Because it is the lesser of two evils!*

Meat protein *raises* cholesterol levels. Plant protein (of which soy is only one example) lowers cholesterol levels. The FDA has recently allowed soy protein products to make a health claim – that soy protein helps reduce heart disease.

However, they stop short of saying that soy in general is health helpful. Here is a summary of comments from the FDA's John Henkel.

FDA continues to monitor safety of individual soy compounds. If new results suggest an increased risk, the agency will modify its policies in the light of the new information.

The National Institutes of Health is studying, long-term, the safety of soy infant formula.

An FDA researcher, Sheehan is concerned that soy consumption may prompt goiter and thyroid autoimmune disorders.

A study in rats suggests that genistein may prompt the growth of breast tissue in males.

The research community has varying degrees of concern about a "dark side" to soy consumption. More research is needed on humans rather than animals.

Just so. To date, most of the research has been carried out on animals. This has been the pretext for the FDA and others to turn a blind eye to all the circumstantial evidence.

The soy producers are turning somersaults to find ways to detoxify soy. Have they tortured it into submission? Just about, in the case of soy protein. It is so highly processed that it barely qualifies as a natural food.

It is not for nothing that soy products are rarely available raw – not even the flour. Heating destroys many toxins.

The story is very similar to that other interloper to the human diet – grains (see the article on the Floridian Indians). In modest quantities they are generally tolerated. In larger quantities they drive out more nutritious foods and their anti-nutrients have a depressing effect on many aspects of human biology.

However, we as Natural Eaters, have our eyes raised to wider horizons. The benefits of eating in harmony with our naturally adapted eating pattern are far superior to the mechanical substitution of one bad food by one that is only tolerated.

Bottom line: legumes, particularly soy, were never part of the human diet and there are drawbacks. As a modest proportion of the diet they can be a tolerated, even beneficial, addition.

Some Sources:

Anti-thyroid Isoflavones from Soybean; Divi et al; Biochem. Pharmacol; vol 54; 1997; pp 1087-1096.

Handbook of Naturally Occurring Food Toxicants; ed Rechner; pp 81-100. CRC press, Boca Raton, FL, 1983

The USDA Trypsin Inhibitor Study; Rackis; Qualification of Plant Foods in Human Nutrition, vol 35, 1985.

IEH Assessment of Phytoestrogens in the Human Diet; Final Report to MAFF; Nov. 1997

Exposure of infants to phyto-estrogens from soy-based infant formula; Setchell et al; Lancet; 1997; Jul 5; 350(9070):23-7.

Tuna Types

Q. *There are many types of tuna. Are they all equal in nutrient quality?*

A. The main significance of tuna in the human diet is its contribution of 'fish oils' or the good elongated omega 3 oils (see Misconceptions).

In this regard, not all varieties of tuna were created equal. These are rich in the 'good' fish oils. Go for these in preference:

- Bluefin 1.5mg/100mg

- White 0.9mg/100mg

These are only moderate:

- Skipjack 0.3mg/100mg

- Light 0.3mg/100mg

- Yellowfin 0.3mg/100mg

Either way, it makes little difference if they are fresh or canned (in fresh water).

Definitely avoid tuna canned in omega 6 oils like sunflower, safflower, corn and peanut. That destroys the fine omega 3/omega 6 balance.

High Energy Intake

Q. *I need to consume 3000 to 4000 calories per day. How do I do that by eating naturally?*

A. The short answer is: you have to eat a lot! This is a very high energy intake for a Westerner – corresponding to heavy manual labor for many hours a day.

Some forager tribes, such as the Aché of Peru, do have this kind of energy expenditure. How do they eat? Just more of the same: about 20% (by volume) of lean animal food (don't forget they eat the blood, brains, guts, everything) and 80% of low starch plant food.

Animal matter, being that much more energy dense provides up to 50% of calories even though it only takes up 20% of the plate. Nuts are an exception, being very high energy density – eat a good

handful of raw, unsalted nuts everyday.

Just eat copiously to the guidelines set out in the Golden Rules (Introductory Guide or the N E Book). Particularly avoid falling into the trap of upping the intake of fats and bad carbohydrates.

This is just a quick overview. This question is of interest to many heavy exercisers, so we are planning a more detailed description for later publication.

Food Fraud Wolves in Sheep's Clothing

Deceit is everywhere in processed foods. Here is an egregious example.

Linda McCartney

SAUSAGES

GMO Free!

Suitable for Vegans

The McCartney Family verifies that this product meets the standards and beliefs of Linda McCartney.

This product has been created to remove soya and every effort has been made to eliminate other ingredients that may have been genetically modified.

Ingredients:

Water; Textured Wheat Protein; (contains starch) (21.5%), Hydrogenated Vegetable Oil, Wheat and Pea protein, Rusk, Vegetable oil, Vegetable flavorings, stabilizer: E464, Dextrose, Fermented rice.

Energy per sausage (40g) 86 cal, protein 8.7g, carbohydrate 2.9g, fat 4.6g (saturates 1.9g), fibre 0.6g, sodium 300mg.

Comment:

Linda McCartney made a name for herself as a crusader against the excesses of industrial food production. She died a tragically early death at the age of 56 from breast cancer. She was a vegetarian activist and set up a business to commercialize vegetarian foodstuffs. Her celebrity

name gave credibility to her range of processed foods.

It is a name that should not be lent lightly – and yet that is the case here. The formulators of this vegetarian sausage have committed the most elementary nutritional errors. First of all the real baddy – hydrogenated vegetable oil. This is implicated in so many diseases, including cancer, that even the most venal manufacturer is rushing to eliminate it from his products.

Yet here, in the poor memory of Linda McCartney, hydrogenated vegetable oil is brazenly announced as the second most important active ingredient! If Linda McCartney really believed that hydrogenated vegetable oil is good for you – and practiced what she preached – then it is not surprising that she got cancer...

Then there is the emphasis on wheat protein (the greatest allergen around), more 'vegetable' oil, high glycemic glucose (that's the dextrose) and finally a super-dose of salt.

It is a tragic-comedy really – all that emphasis on 'soya free' and 'GMO free' when the really serious issues have not been addressed at all!

AVOID

Next month's Food Fraud: Star Kist Tuna in Spring Water.

Kiddy Corner

We receive many queries from mothers anxious to know how to feed their children.

Here we serialize the relevant segment of the new Natural Eating Book.

Part One

Baby/toddler

Up to the age of about three years old, human babies are lactivores. They are designed to work on human breast milk. In primitive societies, babies are not weaned until they are about three years old, although solid foods, partially pre-masticated by their mothers, are introduced slowly from about 12 months.

That is the ideal – but what to do in the modern world? Mercifully, the movement towards breast-feeding has made this practice not only acceptable but also practicable. Today, mothers can give breast to their child in public places, something unthinkable 50 years ago.

Of course it is unthinkable in the West for the vast majority of mothers to breast feed after about 12 months, let alone to pre-masticate pap for a two year old. So what is there to be done?

Fortunately, the companies that make formula milk are getting a lot cuter about making a product that imitates human milk as closely as possible. They have come a long way in 50 years. No more cow milk allergens, a much better ratio of fats to proteins and a much better composition of vitamins, minerals and essential fatty acids.

They do not, however, mimic the fact that the composition of mother's milk changes as the baby gets older. For example, in the first weeks of life, a baby cannot utilize the essential fatty acids, linoleic acid and alpha-linolenic acid. During this time, the mother's milk contains compounds that compensate for this.

Secondly, the mother's milk contains antibodies and other compounds that protect the baby from disease early in life. Again, formula milk cannot provide these.

So the message is, breast-feed if you can, and for as long as you can. Then move onto, and supplement with, the best formula milk you can find.

What about solid foods? The first principle has to be, eat naturally! The more the baby eats in accordance with the general principles enunciated in this book, the better.

The second principle is, people like to eat what they have always eaten. The best start in life that you can give your baby is to give him the taste for healthy foods. Get him used to eating healthy foods at this stage, and that liking will stay with him for life.

Get your baby used to healthy foods, and that liking will stay with him for life.

The first good habit to instill is, yes, the eating of vegetables. No need to make special arrangements, just take what you, as a Natural Eater, eat every day and reduce down to a form appropriate to the child's stage of development.

Today's food processors are a good substitute for the masticating jaws of the mother. (But no one knows if the mother's saliva is significant!)

Essential lifelong habit number one: eat vegetation every day.

Part Two of feeding children continues next month.

Misconceptions

"Everybody needs some saturated fat in the diet"

Wrong! There are only two fats that are essential in the diet – alpha-linolenic acid (18:3) and linoleic acid (18:2). They are both polyunsaturated fats.

Other helpful oils are simply elongated variations of the omega 3 series: EPA, eicosapentaenoic acid (20:5 ω 3) and DHA, docosahexaenoic acid (22:6 ω 3) (found in oily fish).

Saturated fats (all with formulae of the form XX:0) are almost without exception harmful to health.

Monounsaturated fats, all of the form XX:1 tend to be innocuous – famously represented by olive oil (18:1).

But not all. One monounsaturated fat, erucic acid, (22:1 ω 3) is toxic to humans. It used to be present in rapeseed oil, whence its unsuitability (in the past) for human consumption.

Varieties of rapeseed have now been developed which do not form erucic acid. To get away from its poisonous connotations, rapeseed oil has been re-branded as Canola oil in North America.

From Page One

Corny Floridians (cont.)

Comment:

This is a re-run of the agricultural revolution in the Middle East, some 10,000 years earlier. A cereal-based diet is a recipe for poor nutrition, sickness and disease. Corn (maize) is perhaps the worst of all.

Cereals (grains) are lacking many essential proteins; they are high glycemic and totally deficient in a wide range of micronutrients. Their **antinutrients** (e.g. lectins, phytates and amyl-amyase inhibitors) stunt growth, inhibit mineral absorption and disrupt the endocrine system.

The techniques used by Dr Larsen are similar to those used in the study of the original farming revolutionaries in the Middle East:

- analysis of bone-carbon isotopes, (differentiates between cereal consumption and green plant consumption);
- analysis of bone-nitrogen isotopes (differentiates between seafood and land animal food)
- microscopic examinations of bone lesions (identifies anemia, malnutrition, and bacterial infections);
- scanning electron microscopy of tooth wear (identifies diseases and malnutrition);
- microscopic examination of dental Retzius lines (whose malformations indicate the quality of childhood nutrition);
- superficial examination of teeth for dental cavities;
- examination of joints (to identify arthritic conditions and the pattern of heavy labor)

Bouvet's Baby (cont.)

Fred and Jeanne are both appalled by the poor diet on offer in their French clinic. Husband Fred Bouvet has been ferrying daily supplies of fresh fruit and salads to his wife.

Jeanne of course is breast-feeding and expects to keep it up for as long as practicable.

The midwives are also pleased at the rapidity with which baby Alexandre regained his weight after the normal 24 hour weight drop.

Next Month: The Georgiades Family

Virtue Label Appraised

Columbus Eggs

There are two good things about these eggs: they are free-range and rich in omega 3 oils.

The significance of free-range is developed in 'raw egg safety' on page 2. They are humanely produced and they are less likely to be salmonella infected.

Most important is their omega 3 content. It is achieved by allowing the hens to feed on naturally occurring vegetation, supplemented by a feed rich in flax seed (itself rich in omega 3).

Just look at the figures: there is a perfect balance, 1:1 of omega 3 to omega 6. Furthermore, the quantities (0.7g each) are close to the optimum amount for healthy fatty acid metabolism.

As a bonus, these eggs also contain a good dose of vitamin E – 12mg – close to the RDA.

Compare this to the average impoverished battery hen's egg: a derisory 0.06 mg. of omega 3 oil and a pathetic 0.6 mg. of Vitamin E.

Always go for free-range, omega 3 rich eggs!

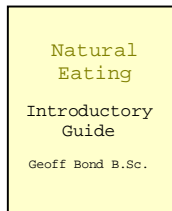
The Natural Eating Book

The Book will now be available from us end June. It will be on Amazon.com end July and the bookstores end August.

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

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Upcoming Illustrated Talks

Geoff Bond is on tour in Europe during the Summer

University of 3rd Age, Drake Hall, Amersham
Community Centre, Amersham, Bucks, UK.

Open to potential members only

Tuesday, Sept 5th, 2000

11:30 a.m. to 12:15

Registration: (0)1494 727473

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