

Natural Eating: Eating in Harmony with our Genetic Heritage

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Nutritional Anthropology™

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The Bond Effect**www.naturaleater.com****Private Subscription Newsletter**

Book Praise: This book can change your life. **News Flashes:** Fatter Men Limp, Sweet Revenge, Youth into Old Age, Milk for Cancer. **Q. of Month:** Fruit and Nut Case. **Recipe:** Strawberry Gratin. **Food Fraud:** Newman's Italian Dressing. **Questions:** Hearty Breakfasts? Don't Fast, Raw Nuts, Ancient Human Stature. **Believe it or Not:** Babies Operated Without Anesthetic. **Updates:** Soy Researchers Break Ranks, GM Labeling. **NE Babies:** The Moranvals. **Good News, Bad News:** Longevity Rises, Longevity will Drop. **Hints and Tips:** Managing Cravings.

Book Praise

The first reviews are going up on Amazon. This is the first.

This book can change your life; it did mine...

The work of Geoff Bond stands head and shoulders above any other work I have read on the subject of proper diet. The book is incredibly well researched, and very well written.

More than that it contains cutting edge information that can literally save one's life. Lose weight, gain energy, enjoy eating more, live a longer and healthier life. This one is a must read!

Larry Jones, Palm Springs, California.

News Flashes**Fatter Men Limp**

Men with a waistline measuring 42 inches were twice as likely to suffer from erectile dysfunction compared to those whose girth is 32 inches or less.

American Urological Association meeting; May 28, 2000.

Comment: Eat like a rabbit to have the performance of one!

Sweet Revenge

The National Toxicology Program is removing saccharin from the list of potential cancer causing substances.

"Over the past 20 years new research has overwhelmingly demonstrated what was evident to most scientists – that saccharin does not cause cancer in humans."

Dr Kenneth Olden; National Toxicology Program.

Comment: Compared to sugar, saccharin was always the lesser of two evils.

Youth into Old Age

Japanese have the highest *healthy* expectancy – 74.5, the number of years to be lived in "full health".

The British came 14th with 71.7 years and the Americans came 24th with 70.0 years.

"You die earlier and spend more time disabled if you're an American", said Dr Murray, a director of W.H.O. *W H O report; June 5th 2000.*

Comment: The immense treasure spent by America on health care cannot compensate for bad life-style habits.

Milk for Prostate Cancer

Men who consumed 3 servings or more of dairy food daily are 70% more likely to develop prostate cancer than those who ate none.

Chan; Physician's Health Study. Giovanucci; Health Professionals Follow-up Study.

Comment: A milk mustache isn't even for the birds!

Question of the Month**Fruit and Nut Case**

Q. *Is it possible to live on fruits alone?*

A. Some people are tempted to believe that it is possible to live on an all fruit diet. There is even a name for them, 'fruitarians'.

There are many primates that are fruit-only eaters and indeed one of our closest relatives, the orangutan, is a fruitarian.

However, the harsh reality is that humans are not natural fruitarians. In particular our humming metabolism, compared to the sloth-like orangutan, is predicated on the intake of a percentage of energy-dense proteins.

In reality, human fruitarians have to cheat a little. They adopt the *technical* definition of fruit rather than the commonly imagined one.

For example fruitarians eat a lot of avocado pears. These are richer in protein and fat than the average apple or orange.

Continuation: 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.

Strawberry Gratin

serves 4



Ingredients:

- 1 lb. (16 oz, 455g) strawberries, washed and dried
- 2 eggs (high omega 3, free range, if possible)
- $\frac{2}{3}$ cup (approx. 5 fl.oz, approx. 150 ml) soymilk
- $2\frac{1}{2}$ tablesp. fructose

Method:

Cut the biggest of the strawberries in half lengthwise and lay cut-side down in an oiled baking dish.

Sprinkle with 1 tablesp. fructose.

In a mixing bowl beat the eggs with the remaining fructose.

Mix in the soymilk.

Spread the mixture over and around the strawberries.

Cook in a preheated oven at 350°F (180°C) for 30-35 min.

Variants:

Up to half of the strawberries can be replaced by raspberries - according to the depth of your pocket.

You can also replace the fresh strawberries by frozen strawberries. Take the juice strained from the frozen berries and add soymilk to obtain the amount of liquid needed (see above).

If you wish to make a desert for 6-8 people, just double the amount of the berries and the liquid, but take

only 3 eggs and 4 tablesp. fructose.

Comment:

Strawberries along with raspberries are just about the only fruit that may be eaten at the end of a meal. Furthermore, being cooked, they are unlikely to cause a digestive difficulty.

This dish is Natural Eating conforming, but with its concentration of eggs and fructose it should be eaten in controlled quantities.

Food Fraud

We normally like to reserve this column for the positive message given by Virtue Labels. Due to a dire shortage of suitable products, this month we hit the easy target of food fraud. Deceit is everywhere in processed foods. Here is a subtly treacherous example.

NEWMANS OWN Italian Dressing

Ingredients:

Pomace Oil (30%)
Vegetable Oil,
Red Wine
Vinegar 10%
Lemon juice
Spices
Salt
Fresh onion,
Fresh Garlic

Nutrition Facts

Energy per 100g
Protein 0.2g
Carbohydrate 1.0g
Fat 59.8g

Now check our comment, Page 5

Reader's Questions

Hearty or Heart Healthy

Q. How are we expected to get through the morning without a hearty breakfast?

A. There are really two assumptions here – that it is important to eat a hearty breakfast – and that eating Naturally cannot be hearty.

So it all depends on definitions. For example, one commonly promoted way for the Natural Eater to start the day is by consuming some 2 lb of fruit throughout the morning.

Alternatively you could eat a similar weight of stir-fry or even salads.

Both in terms of weight and volume this is far more than the traditional American breakfast!

But I suspect that you mean by 'hearty' a meal that is high in calories. The reality is that the last thing our bodies need, first thing in the morning, is a calorie rush and heavy digestive load.

The only result is the familiar 'slump' in mid-morning. Worse, it drives the body into that damaging blood-sugar switchback.

No. We know now that our prehistoric ancestors lived for millions of years the way we prescribe – and the biochemistry of our bodies is adapted to suit.

Not so Fast

Q. Does fasting have a useful part to play for good health?

A. Some people promote a rationale that says, in so many words, that we should allow the body to 'cleanse' itself.

Our position is very clear. Fasting as such is a quite unnatural thing to be doing. Indeed we believe that our prehistoric ancestors were so secure in their food supply that it was very rare to know starvation.

Our biochemistry and physiology are perfectly capable of keeping themselves 'cleansed' provided you let them get on with the job. Just start to eat Naturally and the body will slowly but surely do its house-cleaning.

Raw Deal

Q. *On a trip to France we found some delicious almonds in a market. We later found that they had been roasted. Is that a problem?*

A. Yes, it is easy to fall into the trap of walking into an exotic foreign market, seeing the produce piled up and imagining that it comes straight from the farm.

However French farmers are just as wised up as any other. They know two things: That roasting almonds dramatically extends the shelf life; and the customers like the taste!

The answer lies in that question of shelf life. What happens when a nut turns rancid? Some very fragile oils oxidize. These fragile oils are the precious Omega 3 essential fatty acids. *Roasting destroys them.*

So – always go for the 'noix crus' (raw nuts).

Tall Stories

Q. *You state that our prehistoric ancestors (over 10,000 years ago) were healthier and taller than we are today. What is the basis for that assertion?*

A. This is a fact that many people find hard to accept. We are so brainwashed into believing that "we've never had it so good" that we've lost all perspective on the question.

Perspective has now been given by many, very careful and thorough studies that have been carried out on the bones of peoples who lived over the last 50,000 years.

Mainly these are of Europeans but Asians and Africans are well represented too. All kinds of factors

are accounted for such as the differences between male and female; adults and children; and the fact that populations have a 'bell curve' of statures and brain size.

Sophisticated statistical regression analyses are used and they all come up with the same result: humans, up until about 10,000 years ago were 10% taller than their descendants today.

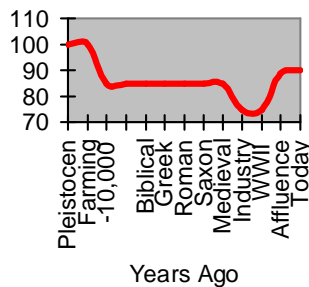
More disquietingly, our brain size is 10% smaller today.

The conclusion that is drawn, after all other hypotheses have been tested and found wanting, is that *our Pleistocene ancestors were better nourished* than we are – even today!

The rot set in around 10,000 years ago. Population pressures had become a problem and there was the revolutionary shift to farming.

The apparent recovery of stature in the last couple generations is only in comparison to the appalling levels of nutrition that prevailed in the Dickensian cities of the Industrial Revolution. This was just a couple of hundred years ago.

Human Stature down the Ages



This chart shows how our stature still hasn't reached our genetic potential. (The vertical scale is "% genetic potential".)

A similar chart can be drawn for brain size. The chief element lacking – even today – is the presence of very-long-chain fatty acids (such as

EPA and DHA) in the maternal and infant diet.

The tantalizing prospect is held out that, by following our ancestral eating pattern, our babies can achieve full brainpower!

On the other hand, for as long as we are wedded to cereals and their anti-growth-hormone toxins, our stature will never achieve 100%.

Certainly we can maximize our genetic potential for stature, health and brain size by returning to our ancestral eating patterns – the Natural Eating pattern.

Sources: Formicola et al; Stature in Upper Paleolithic and Mesolithic Europe; J. Human Evolution; (1999) 36; 319-33. Ruff et al; Body Mass and Encephalization in Pleistocene Homo; Nature; vol 387; 8 May 1997

Preview of Sept's Q&A

- Q.** Guts After Penicillin
- Q.** "Filling up" an adolescent
- Q.** Carbonated Beverages and Osteoporosis
- Q.** Lucky Dip

Believe it or Not

Pain Killer

For years doctors operated, *without anesthetic*, on premature babies in the belief that even if the infants felt pain, they would not remember it.

Now experiments show that, not only do premature babies feel pain, it dramatically increases their sensitivity to pain as children and adolescents.

"A major effort is now underway to find the best way to safely relieve surgery pain in the very young", said Dr Jonelle Rowe of the National Institutes of Health.

Source: Dr M. Ruda; National Institutes of Health; July 28 2000.

Updates

Soy Researchers Come out

In June and July we drew attention to the drawbacks to soy based foods.

Now two researchers at the Food and Drug Administration (FDA) have broken ranks with official FDA policy.

Daniel Doerge and Daniel Sheehan have written to the FDA (their employer) to say, 'there is abundant evidence that some of the isoflavones [in the soy] demonstrate toxicity... in estrogen sensitive tissues and in the thyroid. [Further,] during pregnancy, isoflavones *per se* could be a risk factor for abnormal brain and reproductive tract development.'

GM Labeling

From mid-2001 Australia and New Zealand will require Genetically Modified foods to be so labeled.

And the FDA? The timorous FDA, looking over its shoulder at the food lobbies, is only "preparing to draft guidelines for those manufacturers who wish to voluntarily label their GMO foods."

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 Three

There will be other times when you are drawn into feeding your child starches such as bread and pasta. A little of each every day is not a problem, but always insist on the whole-wheat version. Whole-wheat spaghetti is particularly acceptable. The other types of pasta are borderlines glycemic but are still not as bad as bread.

Boiled potatoes are OK too in modest quantities. The big no-nos are French fries and potato chips. As

ever, keep the emphasis on a high consumption of fruit and vegetation relative to the starches.

Finally, drinks. You know the answer already! If he is not drinking his mother's milk or formula milk, then the only other he should have is *plain water*. Just about all the alternatives are *plain bad*. All? What about fruit juice? Well, if you have squeezed it yourself, this is tolerable in modest quantities. But it is not good for a baby to be quaffing volumes of fruit juice. It gives a sugar rush and helps rot teeth. Carrot juice too, is highly glycemic, avoid it. Other vegetable juices, or better still, vegetable soup can be fine. But why bother? Get your child to accept water as the normal thirst quencher, and you have saved yourself trouble and given him a good lifestyle reflex.

Essential lifelong habit number three: quench thirst with water.

Will any kind of water do? Tap water, unjustly, is much maligned and is quite safe to use when boiled. For all young babies, the water should be boiled anyway. For the cautious, by all means buy bottled water. Avoid the high sodium brands, distilled is the safest.

As for packaged drinks be ultra-suspicious. Read the fine print. They are almost always loaded with sugar and other nasties. Don't even think of giving your child colas and sugar-laden drinks.

Don't forget, this is one phase in your child's life when he is most open to influence from adults. It is now that you have to indoctrinate him with good consumption reflexes. You routinely take your baby to be inoculated against diseases. This is the time to inoculate him too with some benign, life preserving 'mind-viruses'.

Part Four of feeding children continues next month.

Natural Eating Babies

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

Emmanuel's Pioneering Children

Emmanuel and Didier Moranval have been food conscious for many years and were delighted to discover the route map offered by the Natural Eating system.

They have two children, Sarah aged 6 and Alice aged 3. Emmanuel has these comments about the challenge of inculcating good feeding habits:

"Breast-feeding is an important first step, particularly for the Natural Eating mother, because this will be the baby's first contact with fruits and other plant food. The taste passes through into the mother's milk and even though, because of this some doctors think it is wise to avoid strong-tasting foods like garlic and onion, I think that it is essential to familiarize the baby with all flavors.

It will then be easier to wean onto plant food because the baby will already recognize the taste!

It could be chance, but I noticed an incredible difference between Sarah, who I was unable to breast-feed, and Alice who I breast-fed for 9 months.

Alice very quickly took up everything that I gave her whereas with Sarah it has been a long battle that only now is paying dividends.

Today she eats all the salad vegetables, fruits every day, no red meat, some chicken and fish, virtually no milk, yogurt and cheese.

It needed lots of patience and perseverance. Believing that a child will never voluntarily die of hunger, Sarah ate only what I put in front of her. Sometimes she refused so I reserved the food at the next meal. And little by little she accepted.

If she didn't eat at one meal I didn't make a fuss and she caught up at the next meal.

Important: keep the portions small, and always include a portion of foodstuff that you know the child likes. That way she is encouraged to try new foods.

The biggest problem to manage with children is sugar consumption. I'll report on that later!"

Good News, Bad News

Life Expectancy Hits High

Americans are managing to elude death a little bit longer, with life expectancy rising from 76.5 to a record 76.7 years.

But much of the improvement is due to firearms deaths declining. Only (!) 3,792 children died in 1998 from firearms, down from 4,223 in 1997.

Another significant decline was the 9.5 percent drop in deaths caused by hardening of the arteries.

Center for Disease control; Annual Report; 2000

Death rates will Increase

Postmortem examination of coronary arteries from 760 young people reveals a high prevalence of advanced atherosclerotic coronary plaque.

"The surprising aspect was the very strong effect of obesity on the advanced plaque."

"A large number of young people are at above-average risk of precocious atherosclerosis and eventual coronary heart disease."

Source: McGill et al; Circulation 2000;103:374-379.

Comment: There you have it.

Americans are living slightly longer thanks to gun control and the heroic

interventions of modern heart bypass surgery.

On the other hand we are storing up a massive *increase* in death rates in the future. Note that sinister equation lurking there:

Obese youth = middle-aged heart attack. And obesity in young people is increasing geometrically...

Hints & Tips

Managing Cravings

Understand that cravings are a *normal* response to living in a food-faulty environment.

Eliminate as many food cues from your surroundings as possible. For example do not keep problem foods in the house. *Make your house a bad-food-free zone!*

Manage exposure to tough situations. Avoid patronizing restaurants that serve super size portions. Avoid eating out with buddies who drag you into faulty eating.

From Page One

Fruit and Nut Case (cont.)

Many fruitarians also include nuts. With that, they are well on the way to a very healthy diet. The only thing to worry about is an adequate intake of Vitamin B 12. A high fruit diet can also lead to an undesirably *low* salt/potassium ratio.

As demonstrated in "Pattern # 4" (page 208) of the N. E. Book, the secret of a high fruit diet is *quantity*. Sometimes, in extremis, an all-fruit, low G.I. diet is recommended. Such is probably the best for bed-ridden cancer patients, for example.

From Page Two

NEWMANS OWN *Italian Dressing*

Pomace oil? Sounds vaguely comforting – but can you put your finger on quite what it is?

Pomace is a euphemism for the residues remaining after fruit, seed and even fish have been pressed to extract useful material.

So it doesn't stop there; the art of the Industrial processors knows no bounds. They can then by a series of ingenious chemical and mechanical processes extract a kind of oil.

This 'Pomace' oil could come from anything. Did the vegetarians among you realize that you could be consuming a fish oil on your salad?

Do any of us want to be consuming an unknown and unknowable cocktail of oils?

Of course not. We go to great trouble to ensure that that we get our oil balances right and it is certain that pomace oil is a 'bad' fat.

When you pay top dollar for a premium product like Newman's dressing do you want the cheap extracts from food wastes? Of course not.

Finally there is that other unknowable ingredient, 'vegetable oil'. Is it a 'good' oil or a bad one? Who is to say? Not Paul Newman evidently!

All this is a real pity and shows just how careful you have to be. Last year, Paul Newman's *French* dressing featured as our Virtue Label.

Just change the nationality of the dressing – from the same marquee brand mark you – and we go from a good to a bad product!

Why does Paul Newman – and the food industry generally – play these tricks on us?

Bond Effect Resources

Natural Eating Book. \$19.95 (£14.95) + S&H \$3.50 (£2.50)

Endorsement by *Dr Christopher Brown*, Director of the Sheridan Research Institute.

Also available at: **Amazon.com** and **Amazon.co.uk**
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The easy introduction to Natural Eating. In 32 pages, it contains the distilled essence of the principles and practice. Produced in full color and liberally illustrated with watercolors. Makes a superb gift for family, friends and colleagues.

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Nicole's Pocket Cookbook. \$9.95 (£5.95) + S&H

The essential handmaiden for anyone living the Natural Eating lifestyle. Contains delicious recipes conforming to Natural Eating Precepts. Includes: soups, dips, desserts, sauces and dips, lunch/dinner/anytime dishes.

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