

NATURAL EATING NATURAL EATING NATURAL EATING**Complimentary Copy****Continuous Development Briefing**

Sheridan Success: Lynn Mavrakis. **News Flash:** Lean Kids. **Siren Song:** Milk Mustache Razored. **Bad Food:** Walong Soymilk. **Recipe:** Sautéed Celeriac. **Food Policy:** Sugar Labeling. **Q&A:** Japanese Stature, Weaning Matters, Wheatgrass Snake Oil. **Food/Disease Link:** Autism. **GMO:** Flashing spuds. **Hints and Tips:** Banana Snack Savvy, Garlic Bread Disaster. **Debate:** Canola Oil. **Events. Resources.**

Talk Report

On April 19th, at the invitation of the Sheridan Research Institute, Geoff Bond gave a talk to an enthusiastic, 200-strong audience. This is one of the plaudits received.

**From Lynn Mavrakis
Big Horn, Wyoming**

The lecture was wonderful! I came home so excited that I sat up and read the book until midnight.

Everything makes so much sense. I intend to become a convert, which shouldn't be too difficult as I already consume large amounts of fruits and vegetables.

My grain consumption is WAY too high, however; I'm sure that that accounts at least in part for my mid-to-late-afternoon "crash".

I feel that Geoff has opened a door to an exciting new way of life, and I can't wait to embrace it. Thank you both so much!

Turning the Tide**Washington Mayor Spurns Milk-Mustache Campaign**

On hearing about the health risks of dairy from a doctors lobby¹, Mayor Andrew Williams refused to appear in a milk-mustache ad.

Until then, **"the mayor just hadn't heard that milk is not the health food that the dairy industry says it is"**.

"By saying 'no' to special interests, Mayor Williams is saying 'yes' to good science".

The doctors briefed him about how milk [of any kind] promotes diseases like:

-prostate cancer, anemia, ovarian cancer, allergies, juvenile-onset diabetes, obesity, heart disease, and breast cancer.

Believe it or not, the mayor had been persuaded to don a milk-mustache for a promotion at the National Zoo.

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Darwin Label**Bad Food of the Month**

What's so bad about this sneaky product?

**WALONG
MARKETING
ASIAN TASTE®**

Soy Milk

Ingredients: filtered water, whole soybeans, pure cane sugar

Nutrition Facts

Serving size: 8 fl oz (240g)
Calories per serving: 130.
Calories from fat: 30
Total fat: 3.5 g
Saturated fat: 0.5g
Cholesterol: 0mg
Total carbohydrate: 20g
Dietary fiber: 3g
Sugars 18g
Protein 7g

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News Flashes**Low-fat Diet Helps Kids**

Children with high cholesterol can be put on a low-fat diet without stunting growth or intellectual development².

Comment: page 5

¹ Physicians Committee for Responsible Medicine (PCRM)

² *Pediatrics*, February, 2001

Simple Recipe

Sautéed Celeriac



Ingredients:

- One celeriac head (2 lb)
- 2 tablesp. flax meal
- One egg, omega 3 rich
- 2 tablesp. sesame seeds

Method:

Peel the celeriac head.
Steam it for 20 mins in a stovetop steamer (or 10 minutes in a microwave steamer) until cooked.
Slice the head into discs about $\frac{1}{2}$ " thick.
Dust the discs all over with flax meal.
Dunk the floured discs with beaten egg.
Pat sesame seeds into the egg-coated discs.
Lightly sauté in a frying pan (previously given a light spray with olive oil) until the discs are golden brown.

Comment:

Celeriac is the bulbous root of a variety of celery. It is nutritious and not starchy or glycemic. The flax meal and sesame seed give a nice nutty flavor.

Food Policy

America Drowning in Sugar

The FDA has been petitioned by dozens of consumer groups to require that food labels declare the sugar content.

They also want a maximum daily intake to be disclosed.

The USDA in its current, weasel-worded recommendations says,

"try to limit your added sugars to 10 teaspoons on a 2,000 calorie diet."

But you already get 10 teaspoons in just:

- One cup fruit yogurt
- One can Pepsi
- One slice Hostess lemon pie
- One large McDonalds shake

In fact, even by the USDA's overgenerous 10 tsp/day, Americans are hugely overdosing on sugar. The average for teenage boys is **34 teaspoons** per day! And that is just the added sugars. That does not count the sugars that occur naturally.

Questions

Oriental Altitudes

Q. *In Japan it is claimed that since dairy products have been introduced, the average height has increased. This seems opposed to your own thinking about the value of dairy products.*

A. Causes and effect are notoriously complex and chaotic in this kind of question. Even so, the Westernization of the diet might have something to do with increase in Japanese height.

However, we must take issue with your assumption that taller means better.

The reality is the opposite.

Overfed children have distorted growth patterns. They might be taller than their genetic potential but, as adults, they have a higher mortality.

Listen to Dr Armand Leroi, evolutionary biologist, at the March 28th New Century Lecture, Royal Institution, London:

"The Dutch are the tallest people in the world and it has been suggested that it's because they drink a lot of milk."

"In effect we are 'super-fuelling' our bodies and growing too tall."

"We are giving our bodies a diet to which we are not adapted."

Dr Leroi goes on to describe his research on many mammals. Food can be used to artificially raise levels of IGF (growth hormone). His experimental animals had shorter lives in direct proportion to the increase in growth hormone.

The modern Western diet does just this – raises human growth hormone and REDUCES lifespan.

The Japanese, in moving to a Western diet, are losing two world records: that for *long* life expectancy and that for *healthy* life expectancy.

See also "Kids helped by low-fat diet" – **Page 1.**

Weaning Matters

Q. *I have been breast-feeding my baby and he is now 10 months old. I am having difficulty keeping up now. What form of feeding should I be moving over to?*

A. Our naturally adapted Pleistocene pattern is this:

Slowly taper off breast-feeding from about 9 months and slowly introduce pap. In turn, over many months, the pap is gradually replaced by solid foods.

By the time the child is four years old, he has finished breast-feeding and is fully weaned on to solids.

How do we translate this into modern-day life? Conventionally you will be introducing 'baby food'. This corresponds to the pap that Pleistocene mothers made by pre-chewing their everyday foods.

Your blender can take the place of your teeth. Take what you normally eat as a Natural Eater and reduce it to a form that your baby can handle.

Some foods, like peeled and seeded grapes can be given directly.

Blended raw broccoli and most other vegetables are fine too.

Use eggs – the omega 3 rich ones. Your baby will need the kinds of fats, vitamins and minerals that they contain.

Blend up organic chicken breast, oily fish and other examples of Natural-Eating-conforming 'animal matter'.

You could even try incorporating modest amounts of the various nut 'butters' such as almond, and hemp -- especially hemp (rich in omega 3). (See April 2001 Newsletter) These should be made only from the raw nut – nothing else added.

Initially you can start to replace breast milk by some good quality formula milk. Get your baby into the habit of quenching thirst with boiled water.

Soy-based formula milk (full of anti-nutrients) is banned in most countries but is still common in the United States. [AVOID soy-based formula.](#)

Above all [AVOID glycemic foods.](#) Definitely NO grains, flours, sugars. Listen to what anthropologists Jerome and colleagues³ say:

["High carbohydrate weaning diets select out unviable children for an early death."](#)

One of the most important passages in the Natural Eating Book deals with baby/toddler feeding. Check it out: pages 105 to 109.

Snake Oil

There's one born every minute

Wheatgrass

Q. *I've heard about wheatgrass – it is claimed to be rich in nutrients and good for cleansing. I intend to buy a juicer. What do you think?*

A. [Don't waste your money!](#) If humans were intended to eat wheatgrass they would have a juicer built into their jaws!

That is the flip answer. Now to debunk the crass humbug by which this cow-fodder is promoted.

Wheatgrass is just expensive cattle-feed

One day the ever-creative marketing men found a way

³ Jerome, Kandel and Pelto, *Nutritional Anthropology: Contemporary Approaches to Diet and Culture*; Redgrave, Pleasantville, NY; 1980

to sucker humans into consuming wheatgrass.

And gullible humans do – in droves (or herds!)

Wheatgrass is heavily promoted as one of the so-called "green foods that are valued as a great natural source of nutrients -- chlorophyll, calcium, magnesium and potassium and alkaline minerals, which help reduce overacidity in the blood".

So what's new? Any green plant food will do this for you! Just eat a decent salad and you've done yourself much more good without hurting your pocket.

But there's worse, listen to this warning from a major supplier of wheatgrass:

["Wheatgrass is indigestible by humans. It must be liquefied using a juicer before it can be consumed."](#)

["When drinking wheatgrass, it is recommended to consume the drink in small amounts not to exceed four ounces per day."](#)

[Overconsumption of wheatgrass juice can cause nausea or stomach upset"](#)

But listen to the dishonesty by which this inconvenient fact is turned to advantage. The admen say that this digestive difficulty "is due to the strong cleansing effects of the juice".

[BALONEY!](#)

They gave the game away earlier – [wheatgrass is indigestible by humans!](#)

The only truth in the "cleansing" claim is that wheatgrass will induce a nice dose of diarrhea.

So the choice is a no-brainer:

EITHER

- Be a gullible victim of the marketing men – and spend your money on over-priced nostrums that will make you sick.

OR

- Eat Naturally – and get all the advantages of a high micronutrient diet and a high soluble fiber diet that is so important to good intestinal health.

Food/Disease Link**Autism**

Elimination of dairy products, grain gluten and other food components dramatically improves the symptoms of children and adults with autism⁴.

"Poorly-degraded food proteins leak from the gut into the blood," explained Dr. Ted Kniker⁵ "Our study was extremely tight and very dependable,"

"In our next study we remove soy products, peanuts, buckwheat and grape."

"Autism is becoming a world-wide pandemic. It is clearly not genetic. Environmental factors must be involved".

Comment:

Just so! Humans were never designed to eat dairy, beans or grains – and they suffer from it.

The medical establishment is painfully discovering the

⁴ 12th International Conference on Autism, Durham University, UK. April 5, 2001

⁵ San Antonio Autistic Treatment Center, Texas.

harsh truth – that their ministrations will only be effective if they take diet into account as the prime suspect.

G M Update**FrankenOutrage**

A gene from a jellyfish is placed in a potato – making it light up whenever it needs watering.

"This is a mass genetic experiment that's going on in our diets." – Charles Margoulis, Greenpeace.

Comment:

Agreed. The food industry has us on a runaway train – hurtling to an unknown and dangerous destination – and distancing us ever more from our genetic heritage.

Hints & Tips**Banana Snack Savvy**

Always having a few safe snacks in your kitchen, and you'll never be caught reaching for the garbage that the kids bring in.

Peel some bananas, break them in half and freeze in plastic film. They will keep three months in the freezer.

They are best eaten, still frozen, like an ice lollypop. You'll persuade your kids that this is a good option too.

Food to Die For:**Luigi and Co's Heart-stopping Garlic Bread**

Italian restaurants consider an 8 oz portion of garlic bread about right. **That is equivalent to seven slices of white bread!**

By the time it is soaked in oils and butter it also contains 40g of fat!

Wave away the garlic bread as fast as you would a blowfly.

Debate

There is an ongoing technical debate between Geoff Bond and Prof. Todd Moody of St Joseph's University, Philadelphia:

Oil Change

T.M. You are critical of the wholesale use of vegetable oils, although you make a bizarre exception for Canola oil, which is hardly a natural food.

G.B. Sure – I made it very clear in the book that the bulk use of vegetable oils is a major health hazard.

I also make it clear that the consumption of *any* fats must be frugal.

However Canola oil is just about the only freely available, cheap oil that has the right essential fatty acid profile.

So being pragmatic and keeping priorities in proportion:

- there is a requirement for *some* oils in the diet. It is very hard to find the omega 3 essential fatty acids in conventional foodstuffs – so it might as well be Canola.
- People are going to use some oil any way – in stir-fry and salad dressings – so it might as well be Canola.

So all I am saying is this; if you are going to use any fat or oil at all, then make it Canola.

Future Debating Points:

- Hominid shoulder joints.

- Fat content of 'variety' meats in wild game.
- Proportion of meat in the hunter/gatherer diet.
- The Bellevue meat-eating experiment and blood acidity.
- Heart disease/saturated fat.
- High protein intake and kidney disease.

From Page One

News Flash

Low-fat Diet Helps Kids

Comment: of course! Any other type of diet is bound to be a distortion from our Naturally Adapted program.

See: **Q&A** "Oriental Altitudes" on page 2.

Turning the Tide

Washington Mayor spurns Milk-Mustache campaign (continued)

Thanks to PCRM he came to his senses and declined.

Furthermore, the mayor has also reversed his plan to declare a "Drink Chocolate Milk Day."

The "chocolate milk" has just as much sugar as soda but worse, is high in the saturated fat that causes heart disease.

Comment:

Bravo for PCRM's voice of sanity. If nothing else it saved an eminent mayor looking like a milk-mustachioed circus clown.

It is a small gain in a war – a war that will be won only when the dairy farmers abandon for good their anti-social occupation.

Darwin Label

WALONG MARKETING
ASIAN TASTE®

Soy Milk

Comment:

Cane sugar? What's that doing in soymilk? – and it's no small matter – **27grams** in a 12 oz tumbler.

That's over **five** heaped teaspoons! – as much as in a can of Coca-Cola!

Nobody should be drinking soymilk by the tumbler anyway – but even so, always look out for soymilk that is sugar-free.

Upcoming Events

Contact us for further details,

toll free 1-888-240-3493

Visit us on the Web!

www.naturaleater.com

Seminars – USA

Weds. May 24 at 7:15 pm

The Oaks Spa Hotel

Ojai, California

Entry: By Arrangement

Information/Reservations:

Elizabeth Horton:

805 646 5573

Thurs. May 31.

9.30 – 11.00 a.m.

Mizell Senior Center,

Sunrise Rd, Palm Springs.

Entry: Free, Open to the General Public

Information/Reservations:

Jack Newby: **760 323 5689**

Seminars (UK):

Thurs. June 28

10.30 – Noon

University of 3rd Age,

Elliott Hall,

Harrow Arts Centre

Uxbridge Rd, Pinner,
London

Entry: By arrangement

Information/Reservations:

Peter Sinclair:

020 8868 7417

e-mail: peter@sinclair.tc