

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

**Food/Disease:** Obesity/alertness. **Sorcerer's Apprentice:** Soy Estrogen and cancer. **New Disease:** Sedentary Death Syndrome. **Food to Die For:** Carrot Cake. **Humanity's Heritage:** Primate Peril. **Recipe:** Braised Celery. **Questions:** Apple Sugar, Gut Feeling, Olive Oil for Hearts?, Substitute Breast Milk. **Fixit Mentality:** Daily Diuretics. **What People Say:** Jeannie Kirk, Create an N.E. Network, Trusting Conventional Medicine. **Thought for the Month:** Carlos Casteñada. **News Flash:** Fruit for Heavy Breathing. **Pet Corner:** Dogs for Dog Food. **Label Lore:** Chicken Run. **Moving the Goal Posts:** Cholesterol Guidelines. **Talk Report:** Harrow U3A. **Events. Resources.**

**Food/Disease Link****Fast Food/Slow Brain**

Overweight and obese people report slower cognitive abilities in addition to all the other ailments such as increased pain sensitivity and impaired mobility.

"Doctors should treat obesity as an illness, not a life-style change", said Dr Neil Shear of the University of Toronto.

**Sorcerer's Apprentice****Soy Estrogen Increases Uterine Cancer**

*We are often a lone voice opposing the lemming rush to consume soy as a 'miracle food'. Yet here is yet another study pointing up the fact that humans are not adapted to eating pulses, notably soy.*

Genistein, a soy antinutrient, induced uterine cancer in mouse pups when given the same doses as those received by a human baby on soy formula milk<sup>1</sup>.

"More research is needed" said Kenneth Olden, Director of the National Toxicology Program.

**Our view?** Don't waste your time and money on more research, Dr Ogden. We know that soy is bad for humans – just advise Mums to avoid soy formula milk.

**New Disease****"Sedentary Death Syndrome"**

This term has been coined by Prof Frank Booth to drive home the point that being fat and out of shape is fatal.

Said researcher Ron Gomes, "the greatest tragedy is that what used to be regarded as old-age ailments now afflict even our children. Their quality of life will be drastically reduced".

**Food to Die For****Cheesecake Factory's Carrot Cake.**

The Center of Science in the Public Interest (CSPI) has fingered the Cheese Factory this month.

Just one slice of their carrot cake contains 1,560 calories and 84 g fat of which 23 are saturated. There is additional transfat and hydrogenated fat.

Just listen to some of the ingredients: corn oil, cream cheese, butter, palm kernel oil, butterfat and hydrogenated palm oil.

"Some people are misled into thinking that 'carrot' cake is healthful", said Jane Hurley of the CSPI, "but this is a fat-and-calorie- bombshell".

**Humanity's Heritage****Primates Face Extinction**

*We never forget that human beings are an integral part of the rich tapestry of Nature. It is a tragedy that members of our extended family (the primates) are facing extinction at our hands. Indeed, we are **eating** them into oblivion.*

*The highly endangered state of the chimpanzee, gorilla and orang-utan is receiving wide publicity. They are hunted and eaten by natives as 'bush-meat'.*

*Now we highlight extreme danger to our distant primate cousin the loris.*

Within eyesight of a sign urging "Don't sell wildlife," a roadside vendor in Dey Ambil, Cambodia, is peddling four slow lorises - little primates with sad luminous eyes - to be burned alive and churned into Chinese medicine...

**Continued p.5**

**Parents Beware!**

*Children's food makers are ever creative in selling toxic junk.*

**Trick Number 2:** Tell parents it's made of real fruit. (e.g. Real-a-Peel from Fruit Bowl.)

Take a close look at the labels. Often the only significant bits of fruit left are the flavor and fruit sugar – with more sugar added 'for energy'. **Don't be taken in!**

<sup>1</sup> Newbold, Cancer Res.; June 2001

### Simple Food Fix

*This is a simple, tasty vegetable dish that can be the centerpiece of a meal.*

### Braised Celery



#### Ingredients:

- 4 medium heads of celery, trimmed and scrubbed.
- 2 oz (4 tbsp) olive oil.
- 1 pt. (500ml) approx. stock, well flavored. (Use yeast extract - e.g. Marmite - or vegetable stock cubes.)
- Salt and pepper.

#### Method:

Tie each head of celery securely to hold the shape. Sauté lightly in half of the olive oil for 5 minutes, until golden brown on the outside parts. Put in an ovenproof dish, add enough stock to come halfway up the celery. Sprinkle with salt and pepper. Drizzle with the remaining olive oil. Cover and cook for 1 to 1½ hours in the oven at 350°F (180°C).

Remove the strings and set aside the celery heads. **(Optional)** reduce the cooking liquid to a glaze by fast boiling. Serve the celery heads with the cooking liquid/glaze poured over.

### Reader's Questions

#### Apple sugar rush

**Q.** *Do fruits such as apples give you a sugar rush then a "low"? I think I experienced this the other day and wondered if I ate too early or should have eaten something else to reduce the speed that the sugar gets in the blood. I ate an egg white to slow down sugar absorption and keep the sleepiness at bay.*

**A.** It is just possible, if you have a weakened blood sugar control system (or you are diabetic), that apples will give a small rush and then slump.

1. You can try diluting them by eating a lower glycemic fruit, such as a grapefruit, at the same time.
2. You can try spreading out the consumption over a longer period of time.
3. You can try eating vegetation (such as salad) beforehand or at the same time. (this is less desirable from a food combining point of view)

It is not recommended to eat too much protein (such as egg white) before eating fruit for the same reason. (although just one or two whites are not a big deal -- and it might just help)

#### Gut Feeling

**Q.** *My friend is in a New York City Hospital with C-diff - a drug resistant bacterial infection in her intestines, which has continued to flourish despite 2 hospitalizations and a series of strong antibacterial medications over the past 5 months.*

*Do you have any ideas of possible herbal remedies that may be of help?*

**A.** It would clearly be presumptuous of me to make

anything other than a very broad pronouncement about your friend's bacterial intestinal infection. She is no doubt in good care in a hospital. However we can say this:

Intestinal health is a criminally neglected area of nutritional care. The flora and fauna in the colon are a vital part of human health. However the 'good', symbiotic ones need to be cultured with the right kind of food residues. What are the right residues? Those that come from following the Natural Eating pattern! That is the best advice that I can give -- particularly look at the Natural Eating Book, pages 89 to 94 (intestinal health) and 150 - 153 (digestive diseases).

It is illusory to imagine that there are any herbal quick fixes.

#### Olive Oil Heart Healthy?

**Q.** *Last month you gave a detailed response concerning the "Olive Oil Fallacy." Why then is it said to be so great for your heart?*

**A.** Olive oil, broadly speaking, is indeed neutral in its health benefits. It is therefore a lot better than the bad fats -- chiefly of animal origin like butter, cream, lard, dripping, but also tropical oils like coconut oil and palm oil, which are aggressive heart destroyers.

Olive oil got an unwarranted glowing reputation when the Cretans were studied (Natural Eating Book, page 48) and the results published as the Mediterranean diet.

What was realized only much later is that olive oil is only good inasmuch as it does little harm.

This is already a big step forward and stopping digging when you are in a hole is certainly a good idea -- but the job is only half done.

The next job is to build the stepladder out -- and that is where moving to the genuinely 'healthy' oils (in moderation) like Canola and oily fish must be the ultimate objective. Bone up on the section "Fats and Oils", page 79 of the Natural Eating Book.

#### Substitute Milk for Baby.

**Q.** *We have found a baby milk as a substitute for breast milk. It has the following composition. What do you think?*

Almond powder milk: 85 % maltodextrinated (no added sugar) and 15 % of organic maltose (a dissolving helper)."

Composition for 100 g of powder:

Protein	14 g
Carbohydrates	65 g
Fat:	9 g
Saturated fat:	0.81g
Monounsaturated fat	5.83 g
Polyunsaturated fat	2.36 g
Cholesterol	0
Fiber	8 g
calcium	125mg
phosphorus	158 g
magnesium	60 mg

**A.** Maltodextrin is a bad sugar. Worse, they have been very sneaky in talking about "maltodextrinated" almonds. We have contacted the manufacturers and they are very evasive. So we can assume that our suspicions are correct -- that there is yet more maltodextrin in the almonds.

They also admit to maltose, a bad sugar, at 15g per 100g as

"a dissolving helper". What rubbish!

By 'reverse engineering' the product, we see that it has 50g per 100g MORE sugar than you would expect than if it were pure almond.

**In other words, that 'baby milk' is 50% sugar! Definitely avoid giving to baby.**

See how they get us to drop our guard by the use of the words 'no added sugar' -- what a lie! And 'organic'? How deceiving! Organic maltose is just as dangerous as the regular sort.

Why not look at the regular formula milks? These days the manufacturers really do try to formulate something that is a good approximation to human milk.

#### Fixit Mentality

##### Self interested Fatalism

In a recent report<sup>2</sup>, it is noted that high blood pressure can be controlled by reducing salt intake and reducing weight.

The report goes on to say that, unfortunately, people are unlikely to change their habits.

So presto... the doctors have a ready answer -- medicate!

The report seriously suggests that even healthy people should take a daily dose of diuretics for the rest of their lives.

##### Comment

This is the danger that we face from the medical establishment. A blinkered onward rush to solve all health questions with pharmacological and surgical

solutions. Much easier and more profitable than changing people's habits...

#### What People Say

##### Tasting Good

"Since starting Natural Eating, we have noticed that our sense of taste has improved dramatically. We had a couple of drinks the other night and could not believe how rotten we felt the next day. I think that maybe we always felt that rotten after a few drinks but now that we're feeling so great it was much more apparent!"

**Jeannie Kirk, British Columbia.**

##### Create a Natural Eating Network

**Reader:** *It would be great if a network of Natural Eating clubs like Weight Watchers were established. I'm surprised at how many people are clueless about Natural Eating.*

**GVB:** Yes that would be great. We are working hard to get our marketing up to speed, with very modest means, to arrive at a point where there is a critical mass.

We already have 'hot spots' of enthusiastic practitioners in various parts of the country. We should at least try to get them in touch with each other by e-mail. Would you agree to having your e-mail addresses circulated to each other?

Everyone can help by letting their friends know about us.

##### Confidence in Conventional Medicine

**Reader:** *I don't have any more faith in our medical community. I think every individual needs to*

<sup>2</sup> [J Clin Hypertens](#) 3(1):32-36, 2001

*take a proactive stance when it comes to their own health.*

**GVB:** Regrettably the medical industry operates more and more on tramlines. If you don't fit the template, then you get shoehorned in anyway.

There are many honorable exceptions of course but, under the extreme pressures of the 'medico-industrial complex', medical healing has become very 'drug centered'.

It has become extremely difficult for individual doctors to resist this pressure and stay in control of their own ministrations.

So you are absolutely right. We have to take back charge of our own health from the medical industry which, with some honorable exceptions, is just 'farming' our ill health.

### Thought for the Month

*We have to make a constant effort to change our habits. Make the process easier. Have positive thoughts like this one:*

"We either make ourselves miserable or make ourselves strong. The amount of work is the same". – Carlos Casteñada.

### News Flashes

#### Fruit for Heavy Breathing

Yet another study<sup>3</sup> confirms what we have reported many times before: that lung disease, (including asthma) is often a deficiency disease.

Poor lung function is a symptom of a deficiency of fresh fruit in the diet. The new study shows that both *tomatoes* and *apples* are effective. They

provide many bioflavonoids, including quercetin, an antioxidant.

### Pet Corner

#### Dogs for Dog Food

*If you think that the human food chain is out of control, then look at what is going on with pet-food...*

Canadian pet food company **Sanimal** has promised to cease its practice of using ground-up dog and cat carcasses in the production of its products.

Sanimal renders 18,200kg of dog and cat meat every week.

The firm maintains that recycling pet carcasses from animal shelters, is a cheap, efficient and environmentally friendly way of disposal. Sanimal's head of procurement Mario Couture did admit however: "Some people don't like to see 'meat meal' that contains any pets."

*The trouble is, there is even less control on pet food than for human food. The ingredients list will simply reduce your beloved Fido to something totally misleading and demeaning like "meat by-products" or "animal protein".*

### Food Policy

#### Sugar Subsidies to End

*We have fulminated against the perverse support by the taxpayer of the sugar industry. On the contrary, sugar growers are in an antisocial activity and need to switch to nutritionally acceptable crops. Finally US lawmakers have grasped the nettle:*

Legislation is introduced to eliminate the price support to

U.S. sugar producers by the end of the 2004 crop season. It would reduce raw cane sugar prices to the same level as the world market.

U.S. sugar policy, driven by a powerful lobby of big beet and cane growers, has been a target of reformers for years.

The U.S. sugar industry is protesting vigorously against the measure. But they are opposed from an unexpected quarter: the city of Chicago, the "Candy Capital of America".

1,100 candy workers have already lost jobs because it is cheaper to make candy and cookies in foreign plants with cheap foreign sugar and foreign labor. Chicago wants to reverse this trend by having cheap, world-price sugar available to its candy manufacturers. Ho-hum!

### Label Lore

#### Chicken Run

*The conscientious egg purchaser is bedeviled by the misleading blurb on the side of the box. Such terms as 'farm fresh' or 'country-fresh' implies that the hens are kept in good welfare conditions – and they are not. Now the European Union is tightening up the terminology:*

These are the new terms:

- "eggs from caged hens" (these are the horrendously treated, debeaked battery hens with no room to turn around)
- "eggs from barn hens" (these have a perch to themselves)
- "eggs from free-range hens" (no one should buy anything else)

<sup>3</sup> Am. Thoracic Society Conf. May 2001



### Vital Signs

#### Cholesterol Guidelines Lowered

New guidelines have been issued for assessing the health consequences of blood cholesterol.

We have always pointed out that poor cholesterol levels *by themselves* have never been shown to be linked to disease.

However they are often a sign that something else is going wrong. If high LDL's occur at the same time as high blood sugar levels, high blood pressure and abdominal obesity (known as 'metabolic syndrome') then this is a health risk.

We know that tribes that live like our Pleistocene ancestors never suffer from 'metabolic syndrome'. Indeed their vital signs are a lot better than even these new guidelines, which for the curious, follow (figures are in mg/deciliter):

	LDL ('bad')	Total
Optimum	100	Under 200
Above	100/129	
Marginal	130/159	200-239
High	160/189	190 plus
Very High	190 plus	

HDL ('good') levels should be over 40

### Talk Report

#### Harrow U3A

On June 28<sup>th</sup> Geoff Bond addressed a fine, enthusiastic audience of the Harrow University of the Third Age in London.

The Chairman, Peter Sinclair, wrote afterwards, "**the talk**

**was, without a doubt, the best and most informative we have had in our ten-year history."**

As a community service, Geoff Bond is also giving talks to similar organizations such as Rotary Clubs and Round Tables.

### From Page 1

#### Primates Face Extinction (continued)

Sem Sovan, the wildlife vendor, says that burning lorises alive increases the potency of the medicine – and drinking their blood mixed with rice wine is great for stomach aches.

The Chinese appetite for exotic meat, medicine and aphrodisiacs is insatiable – and growing as the country's economic prosperity increases.

Thousands of primates which once chattered and sang in Indochina's jungles are reduced to powdered bones, dried feet, blood-and-wine concoctions and monkey brains on Chinese plates.

*Regrettably, quackery prevails over the rational when it comes to medicine. The Chinese have brought it to an exquisite level of the absurd, by combining useless nostrums with species cruelty and extinction. Have nothing to do with it.*

*If you would like to know more: International Primate Protection League: <http://www.ippl.org>*

### Upcoming Events

Contact us for further details, toll free 1-888-240-3493

Visit us on the Web!

[www.naturaleater.com](http://www.naturaleater.com)

#### Radio Talk Show (USA):

**Tues. July 24<sup>th</sup>** at 10:15 a.m.  
"VJ's Corner", Palm Springs,  
98.5 FM, 1340AM

#### Talk (UK)

**Sun. Oct. 21st** at 11:00 a.m.

#### "Food for Freethinkers"

South Place Ethical Society,  
Conway Hall, 25, Red Lion Sq.  
London WC1R 4RL

Entry: Open, Free

Information: **Jennifer Jaynes**

**020 7242 8037**

#### Seminar/workshop (USA):

**Mon Nov. 26**, 19:15 part 1

**Tues Nov 27**, 19:15 part 2

#### "Humanity's Diet Course"

The Oaks Spa hotel,  
Ojai, CA

Entry: by arrangement

Information and Reservations:

Elizabeth Horton: **805 646 5573**

#### Talk (USA)

**Sun Dec 2**, 10:00 a.m.

#### "Humanity's Diet"

Bill Edelen's Sunday  
Symposium,

The Racquet Club, Baristo Rd,  
Palm Springs.

Entry: Open, \$8:00

Information:

**edelen@sprintmail.com**

#### Seminar (USA):

**Weds Dec 12**, 18:30 – 20.30

#### "Nutrition for Humanity"

**JFK Medical Center**, Ste 105,  
41120, Washington St.,  
Bermuda Dunes (Palm Springs  
Area).

Entry: open, free

Info/Reg. **1-800 491 4990**.