

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

CONTENTS: **Plaudit:** Richard Volk. **Book Review:** Fast Food Nation. **Comments:** Commercial Medicine. **Parents Beware:** Food Play. **Q of Month:** Aspirin Supplement. **Recipe:** Grated Carrot. **Questions:** Thyroid, Purslane, Vitamin E. **Policy:** Salty Bread, Phantom Fat. **GMO's:** E.U. labeling. **Flashes:** Margarine Fat, Fit Employees, Aspirin in Fruit. **Buyer Beware:** Stoneyfield, Quaker, Betty Crocker, Nissin. **Fools Gold:** Ginseng. **Exercise/Disease:** jogging/Osteoporosis. **Events.**

What they Say**From Richard Volk**

"When I first heard about Natural Eating the new concepts immediately made sense to me. It especially made sense since it explained how diets such as the Dr. Atkins diet were flawed and the harm that has come to some people on similar diets."

"On your diet I don't have to eat dozens of mineral, vitamins and supplements daily to stay alive and healthy. I love it. I ordered all your publications and I have been an enthusiastic follower since. Your cookbooks are WOW!"

"Natural Eating is a wonderfully new approach, an honest, fundamental, revealing, and knowledgeable insight about eating for good health."

Continued on Page 5.

Book Review**Fast Food Nation – Eric Schlosser**

You don't have to go back to Pleistocene times to find a food supply that is radically different to today's.

Eric Schlosser has produced a remarkable and shocking exposé of how our food has been debased in *just one generation*.

With all the tenacity of a great investigative journalist, he has burrowed behind the scenes to expose the scandalous adulteration, misdirection, duplicity and humbug practiced by the fast food industry.

Continued: Page 5

Your Comments**Commercial Forces in Medicine**

Reader: *The only answer from my doctors is to drug me up. I even question whether they want to find a cure to any of our diseases. Where would the profit be in that!*

GVB: Just so – but don't blame the doctors – blame the system. The whole medical industry is locked into this infernal money driven machine, largely orchestrated by the pharmaceutical companies.

In particular they ferociously denigrate any notion that there are non-drug solutions to disease.

Parents Beware!

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

Trick Number 3: Encourage children to play with their food.

'Play value' is a key marketing trick. From thickened fromage frais that can be squigged out of

a tube, to biscuit fingers that can be dipped into Jammie Dodger jam, sugary and fatty foods are being turned into irresistible playthings.

Avoid!

Question of the Month**Aspirin Supplement**

Q. *What is your opinion on aspirin? It seems like so many good effects from aspirin have been coming out lately.*

A. You know our view – we can't double-guess how our body chemistry operates. Certainly we cannot micromanage doses of a powerful prostaglandin-blocker¹ like aspirin.

We know that salicylic acid, the main active ingredient in aspirin, plays an important role in human biochemistry. But the pharmacy is the wrong place to get it! Salicylic acid is naturally present in plant food¹ – and of course, in just the right doses and combinations.

So just have confidence in Natural Eating – you will be far better off for it. Look at our report of the latest studies on **page 4**.

¹ See 'Aspirin in Fruit Prevents Disease' on **Page 4**.

Recipe

This is a simple, tasty salad dish. Great with buffets too.

Grated Carrot



Ingredients:

- 2lb. Carrots
- 1 tbsp lemon juice
- 6 cloves, garlic
- salt, pepper
- 2 tbsp chopped parsley

Method:

- Grate the carrots either manually or using a food processor.
- Stir in the lemon juice
- Crush the garlic and stir in.
- Add salt (moderately) and pepper to taste.
- Chop half the parsley and stir in. Decorate with the remaining parsley.

Comment:

It is best to use organic carrots - they are much tastier and healthy. However carrots, even raw, are high glycemic, so portions should be moderate.

A high quantity of garlic is necessary to give this dish its delicious distinctive flavor. Adjust the quantities if necessary.

Questions

Poor Thyroid Function

Q. *My doctor says my thyroid function test indicates that my thyroid gland is not doing enough of whatever it is supposed to do. Any eating tips?*

A. There sure are. Brilliant research by McCarrison (of Hunza fame) as far back as 1913, demonstrated that inappropriate food intake can damage thyroid function in subtle and complex ways.

In particular he noted that a high consumption of grains and fat (particularly butter); a micronutrient poor diet; and poor intestinal health are culprits.

McCarrison laid considerable emphasis on the good health of the gastrointestinal tract. He speculated that toxins produced by 'bad' flora attacked the thyroid and other organs. We now know that this insight was inspired.

Progress since then has been pitiful. But we do know this: it is the antinutrient *lectins* in grains, and the *saturated* fats that do the damage.

The importance of good intestinal health is now clearer – and surprisingly subtle. For example, 'good' bacteria will convert the chemicals (glucosinolates) in crucifers (such as cabbage and broccoli) into thyroid helpers, BUT 'bad' bacteria will turn them into thyroid destroyers!

We know that *oral antibiotics*, by destroying intestinal flora, contribute to thyroid disease.

What about iodine? It is a well-known 'fact' that in iodine-poor areas of the world, the populations suffered from goiter. But it is not that simple. It is also to do with what the body does with the iodine.

For example, studies on the fearsome Yanomamo Indians of the Amazon show that,

although they have an 'iodine deficient' diet, it is only when they switch to a more westernized diet that they suffer from goiter. It is the *bad, iodine-blocking bacteria* in poor intestinal health and the high grain consumption that does it.

Thyroid problems in conventional medicine are often considered to be an 'auto-immune' disease – and therefore mysterious. But there is no mystery. Poor intestinal health, with the production of all kinds of toxins, is well known in scientific circles to radically undermine and pervert immune function.

Finally, down to our old *bête noir*, soy antinutrients. Genistein in soy and other compounds are aggressive to the thyroid. It is particularly bad for babies. Only eat soy products on an occasional basis.

Bottom Line? Eat Naturally! And all these matters will just sort themselves out.

Purslane

Q. *What is purslane; is there another name for it? Does it grow in the U.S.?*

A. Purslane comes from a very varied family called Portulaca. It is a common weed that grows all over Europe and North America. It is good eaten as a salad or cooked. Purslane is not only rich in omega 3 oils but also in vitamin C.

It was commonly eaten by the California gold rush 'forty-niners' for its protective effect against scurvy. For this reason purslane is also known as miners' lettuce.

There are many keen consumers of purslane, but

they either grow it themselves or pick it in the wild. We don't know of any greengrocer that supplies purslane, although it is surely only a matter of time before some specialist will grow purslane commercially.

There are many edible purslane seed suppliers for people who grow their own. Check the Internet. This is one that we know of:

Garden Medicinals

P.O. Box 320

Earlsville, VA 22936

Tel: (434) 964-9113

Fax: (434) 973-8717

www.gardenmedicinals.com

Two-faced Vitamin E

Q. *How about vitamin E? I don't think it hurts you so I am tempted to keep taking that.*

A. You certainly don't *need* to supplement with vitamin E, particularly if you are eating all the good plant food and raw nuts that we talk about. And there is a dark side to Vitamin E supplements as we reported in our April 1999 edition:

“Vitamin E supplements can do more harm than good ... Dr. Mosca's team found that women who obtained vitamin E via their diet had good reductions in LDL oxidation. Women who took vitamin E via supplements had *worse* oxidation levels.

So-called Vitamin E is really a cocktail of many compounds, present in different proportions in different foodstuffs. Plants tend to be richer in gamma-tocopherol. But there is also beta- and delta-tocopherol too – to say nothing of all the *tocotrienols* (alpha-thru-delta too).

So in seeking shortcuts, we make things worse! Supplement with ‘Vitamin E’ and drive out the other important elements of the cocktail.

Bottom Line: As with all the other nutrients vital to life, we need to get them from our food. We don't have to second-guess it. We just have to eat in our genetically programmed pattern, and it all works out just fine...

However, if you like the reassurance, it is tolerable, exceptionally, to take a sub-optimum mini-dose of natural, broad spectrum, Vitamin E – but always keep this to less than 100 i.u. per day.

Is Flax Oil Worth it?

Q. *Is flax oil good to take – or a waste of money if you are eating the right oils? I don't know if the doses of omega-3 are significant or just a drop in the bucket.*

A. It depends what else is in the bucket! In other words, provided there is just a drop of omega 6 in the bucket and even less of saturated fat, then this is OK.

The trouble is, the American diet has a bucketful of these bad oils and a drop of flax oil is indeed just a waste of money. By far the most important thing to do is to empty the bucket of the bad oils.

See pages 79 to 83 in the Natural Eating Book.

Food Policy

British Salty Bread

A Belgian food importer, has won a legal battle to sell ‘**Christina Bellamy's**’ much-derided British bread even though its salt content (3%) exceeds the 2% permitted under Belgian law.

The *European Court of Justice* ruled that Belgium had broken European Union freedom of trade rules.

Comment:

It is incredible but true, that free trade standards lead to the rapid **lowering** of standards to those of the most debauched.

Americans should not be too complacent. Most of their breads don't meet the Belgian quality standards either.

FDA considers Labeling ‘Phantom Fat’

Trans-fat, otherwise known as Phantom Fat is so-called because manufacturers are not obliged to declare the gram content on the food label. It is not even included in the ‘total fats’ gram figure.

The FDA has been dragging its feet for two years over a proposal to make trans-fat gram content labeling compulsory. Not surprisingly, the food manufacturers are fighting this suggestion tooth and claw.

Trans fat is just as artery rotting as saturated fats and it is scandalous that manufacturers have got away with this loophole for so long.

FrankenFood Update

Europe Adopts GM Labels

In the teeth of opposition from the USA, Canada, and Argentina, the European Union has passed legislation requiring that genetically modified food be labeled as such.

“Consumers have the right to know what they are being sold”, said a spokesman.

Our view? Exactly. There is no other field of commerce where the consumer has so little idea of what they are truly buying.

Food Flashes

Margarine Worse than Butter

Yes, we are back to the dreaded 'trans-fats' also known as hydrogenated fats.

Perfectly good (or bad) oil has hydrogen pumped into it to make a solid fat. This is just as bad – or even worse than saturated fats.

The latest study² showed that trans fats prevent capillaries from dilating properly. Four weeks were all that was needed to produce this effect.

Trans fats are also found in French fries, doughnuts, cookies, crackers and many processed bakery items. Read the ingredient lists and avoid 'hydrogenated' and 'trans' at all costs.

When the labels actually state the gram content, as it should be, this will be even easier. See 'Phantom Fat' above and page 82 of the Natural Eating Book.

Fitter Employees have Fewer Injuries.

A four-year study³ of Xerox employees who participate in the Company's nutrition and exercise wellness program showed that Xerox had a 5 to 1 return on investment.

The fit employees cost just \$6,506 per injury compared to \$9,482 for the unfit ones.

The cost to Xerox – just 1% of total health care expenses.

Comment:

Not everyone has a paternalistic employer like Xerox. But no problem! For the small investment in the Natural Eating program you'll never again have the worry and expense with falling seriously sick and being overweight – or falling deeply in debt to expensive medical consultants.

Aspirin in fruit prevents disease

Back in our September 1998 issue we reported a study⁴ that showed that aspirin is present in plant foods and that this compound has an important role in healthy human biochemistry.

A new study⁵ has discovered that vegetarians had levels of salicylic acid 12 times higher than the meat and fish eaters.

The researchers say salicylic acid is crucial because it modulates inflammation, which is a major cause of heart disease and colon cancer. "These findings may explain in part the health promoting effects of dietary fruits and vegetables."

"Many fruits and vegetables contain salicylic acid but herbs and spices have the greatest concentrations."

Comment

Aspirin in the micro-doses present in food, is a powerful modulator of a huge range of prostaglandins – both 'good' and 'bad'.

When we take aspirin as a medication, we are taking *mega*-doses. It is a scattergun approach. We knock out the 'good' prostaglandins along

with the 'bad' ones that give us headaches and thrombosis.

We should not be meddling in these complicated matters. Just eat the plant food and let the body manage all these operations sweetly for itself!

Buyer Beware!

Food makers don't hesitate to fool the shopper by claiming one thing on the packet and putting something else inside.

Some egregious examples:

- **Stonyfield Farms Strawberry Stratosphere yogurt** has no strawberries — only beet juice to fake a strawberry color.
- **Quaker Strawberries & Cream Oatmeal** and **Quaker Peaches & Cream Oatmeal** do not contain strawberries or peaches, just dried apple bits with artificial color.
- **Betty Crocker Stir 'n Bake Carrot Cake Mix** lists carrot powder as the last ingredient, which means the cake mix has more salt, cinnamon, red dye, xanthan gum, and other additives than carrot.
- The label on **Nissin Cup Noodles** promises "more shrimp," but the cups contained only zero to four tiny shrimp.

Comment:

Of course, no Natural Eater would dream of putting these products on a shopping list. But even so, it points up the need to never let your guard down – and read the fine print!

² Ather. Thromb. & Vasc. Biol.; Amer Heart Assoc.; July 2001.

³ Musich; J. Occup. & Env Med.; July 2001.

⁴ Journal of Clinical Pathology 1998;51:502-505.

⁵ Paterson et al; J. Clin Path.; June 2001.

Fools Gold

Ginseng Swansong

"Ginseng is being marketed to relatively healthy young people as a way to feel even better - a kind of yuppie supplement," said Bradley J. Cardinal, professor in the College of Health and Human Performance at Oregon State. "Our double-blind placebo controlled study⁶ found that it had no real effect on mood at all. It certainly did not live up to some of its over-enthusiastic marketing claims."

Our View?

The desire for a quick fix combined with seductive marketing is difficult to resist. But there are no short cuts to most things worthwhile. Eat Naturally and you will achieve maximum mood performance.

Exercise/Disease

Jogging and strong bones

Young men who jog at least 9 times a month have bones that are 8% denser than those of couch potatoes according to a recent study⁷.

Comment:

Sure. There are many factors that are important for bone health, and rhythmic jogging is one of them. This fits in with what we know of our Pleistocene past.

This study highlights the importance of building up a good bone 'capital' during the formative years up to age 40.

⁶ Cardinal et al; J. Am. Diet. Assoc.; July 2001.

⁷ Mussolioni et al; Am J. Pub Health; July 2001.

From Page 1

What they Say

Richard Volk (Continued)

"Thank you for the prospect of a long healthy, cancer free life on this diet. I hope that you are getting through to the general public in large numbers. The people of the world, especially in countries like USA where obesity is rampant, need your new information."

Richard Volk

Luckydickvolk@aol.com

Book Review

Fast Food Nation – Eric Schlosser (continued)

He castigates the fast food assault on schools: "eight-year olds are ideal customers – they have 65 years of purchasing in front of them", burbles a trade journal.

In a meticulously researched and powerfully argued account, Schlosser visits the labs where scientists artificially re-create the smell and taste of everything – from cooked meat to fresh strawberries; and horrifically describes the feedlots and slaughterhouses.

He looks at how the purchasing power of the giant fast food chains is changing America's traditional landscape and culture – by driving small farmers out of business, by intensifying agriculture, by deskilling food preparation and by the whole scale use of illegal immigrant labour.

This book is a compelling and grisly description of our modern food supply. This is prescribed reading for anyone who doesn't realize that cheap food and junk food is, in reality, very expensively paid for.

Published by Penguin.

www.penguin.com

Upcoming Events

Contact us for further details.

Visit us on the Web!

www.naturaleater.com

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.