

NATURAL EATING NATURAL EATING NATURAL EATING



Complimentary Copy

Continuous Development Briefing

Plaudits: Dr Rovena Kessinger. **Parents Beware:** Cadbury Scandal. **Ancient Foods:** Fruit Alcohol. **N.E.News:** Baby Bouvet. **Food Fix:** Vegetable Potluck. **Q&A:** Fruits and Candida; Rogue Pizza; Yogurt Myth; Antioxidant Pills. **Hints:** Gender Weight Inequality. **Sorcerer's Apprentice:** Vitamin C Villainy; Fruitarian Tragedy. **Intensive Farming :** Cattle Holocaust. **News Flashes:** International Portion sizes; Feverfew. **Food Policy:** Medical Honesty. **New Developments:** e-book; German NE Book.

What People Say

Dr Rovena Kessinger

"Thank you so much. I've really enjoyed reading and re-reading your book. You have done a big service to everyone who will accept the message and give it a try.

I run into people all the time that I know could benefit so much from Natural Eating.

It is sad because they don't know the extent to which their diet is causing their problems. People in the medical profession are no better than the general public.

I am going to order a couple more copies of the book to lend out so I don't have to give mine away. I find your book fascinating and I try to get other people to see it that way.

I recommended your book to several more people in the last couple days. I look forward to reading and learning more!"

Parents Beware!

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

Trick Number 4:
Say, "its ideal for lunchboxes".

For example **Cadbury's Mini-Rolls** labelled "extra fun for your lunchbox". With the picture equation:
Miniroll + Lunchbox = Full Yummy Tummy.

Full, yes – with 42% fat and 20% sugar!

WHAT A SCANDAL!!!
Don't be taken in -- Avoid!

Back to our Fruits

Fruit Alcohol

A nose for alcohol was a handy survival tactic for primates in the jungle, and the genes have survived into modern man.

All primates are fruit eating. The great apes, our closest relatives, feed predominantly on fruits, which are most nutritious when ripe.

As the ripening progresses, yeasts ferment the fruit sugar, turning it to ethanol (alcohol). This process produces distinctive smells, which draw foragers to fruits on the jungle floor.

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Natural Eater News

Bonny Baby Bouvet



This magnificent baby is Alexandre, the 15-month-old son of Fred and Jeanne Bouvet. The family have been enthusiastic Natural Eaters for several years.

Alexandre has spent his whole life, including that in the womb, as a Natural Eating baby – Jeanne, of course, continued to follow the Natural Eating precepts right through pregnancy and breast feeding.

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Simple Food Fix

This is a tasty vegetable dish that provides a hearty meal in itself.

Vegetable Potluck



Ingredients:

- 3lb.(1.3kg.) frozen vegetable 'potluck'. (Take a selection of whatever you have in the freezer¹, e.g. broccoli, carrot, cauliflower, onion, cabbage, peas, turnip, green beans, chestnuts, leaks, etc...)
- 1 can (1lb., 400g) chopped tomatoes

Sauce:

- 2 tsp Marmite, or 2 vegetable stock cubes
- 1 small can (5 oz., 140g) double concentrate tomato purée.
- 4 tsp Worcester Sauce
- 2 tsp garlic purée, or 2 crushed garlic cloves.
- 1 level tbsp. dried oregano
- 1 level tbsp. dried basil
- 1½ pints (900 ml) water (boiling).

Method:

Put the vegetables and chopped tomatoes in a microwave-proof casserole. Cover and put in the microwave oven and start defrosting on full power. Meanwhile, make up the sauce in a mixing jug using the water and the remaining ingredients. Add to the casserole. Bring to a simmer on full power and then hold on simmer (at a lower power) until cooked. (about 10 minutes)

Questions

Fruits and Candida

Q. *What about the question of masses of fruit when someone has candida? I usually tell them not to eat too much for the first month and to stay away from ripe bananas and grapes etc (which I know are in your borderline index).*

A. Unfortunately Candida likes fructose almost as much as it likes sucrose, glucose and maltose. So referring to the Glycemic Index is not a great help in this case.

Worse, once Candida has got a hold on the body it spreads from the colon to all other parts of the digestive tract. The sugars feed the candida already present in the mouth, stomach and jejunum.

Candida is extremely difficult to root out. Starving it is very important. The immune system will sweep up the remnants.

So your advice is well founded. It is certainly advisable to keep ALL sugar and starches out of the diet for at least a month. That includes all fruit.

Once the candida is brought under control, then low-sugar fruits like raspberries, gooseberries, cranberries and loganberries can be introduced.

In the meantime, it is doubly important to ensure a voluminous consumption of low glycemic salads and vegetation.

Note that the overweight and diabetic are particularly susceptible to Candida infection.

Rogue Pizza

Q. *Why do you say that pizza is especially bad? – it is just a kind*

of bread with some vegetables and anchovies on it.

A. First of all, pizza is more than that – it usually has a lot of melted cheese too. Many people add pepperoni, Bologna and other artery-rotting meats.

All this makes for a food-combining nightmare. But that is not the main point.

Studies² have shown that pizza has an exaggerated hyper-glycemic effect. Instead of glucose levels dropping down to zero after about four hours as might be expected, they increase for another five hours!

This graphically demonstrates how treacherous it is to double-guess the Glycemic Index of a food. It has to be measured directly.

Pizza is assuredly one of the most unhealthy, obesity-making foods that you can put in you body.

Yogurt Myth

Q. *Why don't you recommend low fat yogurt?*

A. As explained in our December 2000 newsletter, dairy products were never part of our ancestral diet and they have so many drawbacks that there is absolutely no reason to force ourselves to use them.

Low fat yogurt is still rich in the protein, casein. BUT casein:

- raises cholesterol levels sharply .
- is one of the most virulent allergens known.
-

These are two powerful reasons to avoid yogurt of ANY kind.

¹ Alternatively use a commercial vegetable medley 'stewpack'.

² Ahern et al; Diabetes Care; 1993; Apr; 16(4).

Even low-fat yogurt contains cholesterol-raising, highly allergenic casein.

And even if you are not worried about cholesterol and allergies, you are kidding yourself. Everyone's health is undermined, even if you don't come out in hives. Gut function is perturbed, bad bacteria are encouraged, and you generate unnatural amounts of gas.

It is a self-delusion to imagine that dairy products can continue to serve any useful purpose in your diet.

Antioxidant Pills

Q. *I follow the Natural Eating program. Should I continue to take zinc and selenium supplements?*

A. A small question mark does hang over the nutrient content of our industrialized food supply even when you eat Naturally.

The list of possible lacking micronutrients is short and it includes zinc and selenium. If you do decide to spend your money on supplements, then only take sub-RDA³ top-up doses.

Selenium is an important antioxidant. It is deficient in the diets of many nations, particularly Britain and the Scandinavian countries where the soils are naturally deficient. It quickly becomes toxic in larger doses. A daily dose of 25mcg is plenty, but difficult to find⁴.

Zinc is an important antioxidant. It is worth making sure to have enough – but not too much! Larger doses provoke all kinds of problems and deplete other

minerals. A daily dose of 15mcg is plenty, but difficult to find.⁴

Many people suffer nausea when they take zinc. Try lining your stomach first with fruit, take the tablet, eat some more fruit.

The question of supplementation is treated in greater detail in the Natural Eating Manual.

Hints & Tips

Gender Inequality

Ladies, if you're cohabiting you probably know that you can't keep up with your male partner when it comes to eating. If you do match his intake, you'll gain more than he does.

There is a biological reason. On average, it takes 12 calories per pound of weight to keep a male at a stable weight. Women need only 11 calories per pound. Over time it adds up.

Although it may not seem fair there's a good reason for this difference. Women have a higher proportion of fat for reproduction. Since fat tissue burns up fewer calories than muscle tissue, a woman will need fewer calories to maintain her weight.

What can you do?

- Don't let your partner's food preferences and portion size change your eating habits.
- Try to remember how you used to eat before you cohabited. Did you have more salads, less meat and potatoes? Have you added desserts or other rich foods to your diet because your partner likes them? Do you have to eat a fattening food just because he does?

Here are a few more suggestions to help you regain your dietary independence:

1. Don't serve family style.

Dish out the food in the kitchen and bring the plates to the table. Put less food on your plate.

2. Eat slowly. You can spend the same time together at the table. But if you are eating more slowly, you'll eat less than he does.

3. If it looks like you will finish eating before your partner, leave a small amount of food on your plate but stop eating.

Sorcerer's Apprentice

In meddling in things we only half understand, we often make things worse.

Vitamin C Villainy

In a recent study⁵, it has been shown that Vitamin C mega-doses damage DNA in ways that lead to cancer.

Researcher Ian Blair of the University of Pennsylvania said that Vitamin C changes lipid hydroperoxide into DNA damaging genotoxins.

Blair says that this might explain the failure of studies to show that vitamin C is protective against cancer.

The Linus Pauling institute "does not endorse mega-doses. Our advice is to get your vitamin C from plant food."

Our View? Just so!

Fruitarian Tragedy

An Armenian vegan couple living in England were recently convicted of criminal neglect of their children.

In spite of multiple warnings from social services they persisted in feeding their newborn baby only on raw fruit.

The baby, suffering from rickets and malnutrition, finally

³ That is, less than the Recommended Daily Amount to be got from food.

⁴ Be prepared to break tablets in half, or take them only every two to three days for example.

⁵ Science; June 15, 2001.

succumbed and died at the age of 10 months.

Comment:

This shows how crank diets can have disastrous consequences. The parents truly believed that they were doing the best thing. In letters to the Authorities they passionately argued the benefits of a raw, whole fruit diet.

It is of course crazy to imagine that it is evolutionarily right for small babies to eat a diet of this kind. They should be consuming mother's milk for as long as the mother can keep it up. Formula milk and puréed NE foods make up the rest.

Compare this case to Alexandre (page 1) who is a fine example of how small babies thrive best on the naturally adapted feeding pattern.

Intensive Rearing

Phantom Beef Fat

Agro industry is constantly experimenting with farm animals to find ways to improve 'efficiency' and 'fulfill market requirements'.

Listen to this 'new system' for 'producing' beef cattle: Wean calves early and put them straight on to high energy 'finishing' diets.

GONE is the weaning at seven months. **GONE** is the forage in a real pasture for a year.

Why are the cattlemen licking their lips? The beef has much less visible fat (which has to be discarded) and **MUCH MORE invisible** intra-muscular fat ('marbling') – which increases juiciness. Secondly the cows can be 'harvested' at 13 months instead of 18 months.

Result for the consumer? A beef that is even **FATTIER**, juicier and cheaper than the one they would normally have.

And isn't it **CREEPY**, the use of those euphemisms? The 'production' and 'harvesting' of cows, the 'efficiency' of forced growth and absence of pasture.

It is mindful of Nazi terms – such as Jews being prepared for 'special treatment'.

We are all accomplices in this new "holocaust": the ethically grotesque, callous, treatment of animals as though they are disposable pieces of furniture.

News Flashes

Huge Portion Sizes Lead to Obesity in USA

A portion of US fries weighs 2 oz (150 calories) more than its European counterpart.

A USA croissant at 4 oz (430 calories) weighs twice as much as a French one.

Cool Feverfew

Yale researchers have finally isolated the compound, parthenolid, in the medicinal herb, feverfew. It reduces inflammation, swelling, redness and headache.

The team hopes to use this knowledge to develop new anti-inflammatory drugs from this compound.

Why bother? The sub-text is this. Feverfew is in the public domain – so not patentable. Invent a new compound that is a 'pharmaceutical' and not 'alternative' and you have a patentable money-spinner acceptable to orthodox medical practice.

Food Policy

Medical Honesty

Peer-review journals, the gold standard for research reporting, are worried. A great many

studies are **CORRUPTED** by the drug companies that fund them.

The stakes in medical research are enormous – drug studies often cost tens of millions of dollars to conduct. Their conclusions determine whether the Food and Drug Administration approves new medicines.

The editors say that drug companies:

- **INFLUENCE** the article content.
- **VETO** what is submitted for publication.
- **PARTICIPATE** in the studies,
- **WRITE UP** the findings.
- **HIDE** data from the authors.
- **BLOCK** publication of unfavorable results.

What a scandal! The very studies that are used to justify the correctness of a medical treatment, are **DOCTORED** to suit the outcome desired by the drug companies...

Among the journals that have endorsed new standards of integrity are the New England Journal of Medicine, Lancet, the Journal of the American Medical Association, and the Annals of Internal Medicine.

Our View?

Hats off to those prestigious journals that have taken a stand for honesty and integrity. It cannot have been easy – they are totally financed by Drug Company advertisements...

New Developments

Natural Eating e-Book

It will soon be possible to download the Natural Eating System from the web as an e-book. We expect to go live by early October. The web site name is www.savvyeater.com.

Natural Eating in Europe

Geoff Bond and Nicole will be travelling to the Frankfurt Book Fair to launch the German edition of the Natural Eating Book.

The German publisher, Beust Verlag, is very excited at the prospects and has organized a press conference on October 11th at 11:00am.

Nicole, who is of German origin, will make the initial presentation in her own language, followed by Geoff and a question and answer session in both languages.

From Page 1

Back to our fruits

This technique is used by chimps and gorillas, who have a fondness for overripe fruit. There are even stories of elephants being found drunk.

This ingrained preference for ethanol, argues Robert Dudley, a biologist at the University of Texas⁶, gives them a survival advantage. Alcohol must also have become an important element in human biochemistry.

Moderate alcohol consumption is, we now know, also OK for health. Precisely because it conferred such advantages, Dudley argues, the preference persisted through the evolutionary line that led to human beings.

Overripe fruit has an ethanol content of about 5 per cent — about the same as beer but half that of wine.

Interestingly, many members of some races, such as the Japanese, have difficulty metab-

olizing alcohol. It is thought that they are descended from fruit-deprived, pre-farming Asian peoples who have lost an essential gene.

Baby Bouvet

Alexandre was entirely breast fed until 10 months and gradually weaned off the breast by 14 months.

Puréed vegetables were progressively introduced followed by fruits at 12 months. After 14 months, salmon and omega 3 rich egg were introduced twice each per week.

Alexandre has never eaten any cereals, grains, bread, potatoes, biscuits, rusks or other starches. Sugar or sweets are completely unknown to him.

Of course, never having tasted them he has never developed the desire for them.

Alexandre never eats any butter, cheese, yogurt or cow's milk either.

These are essential steps for inculcating good lifelong eating reflexes.

Alexandre now drinks just two feeding-bottles of good quality formula milk per day plus plain boiled water on demand.

Alexandre has a great appetite and a correspondingly active digestive tract. Up to five bowel movement per day.

Tall for his age at 2'-7" (79cm.) at birth he weighed 8lb. (3.6kg.) and now weighs a normal 23½ lb (10.7kg.)

Alexandre enjoys rude **HEALTH**, having only suffered one minor cold in his life.

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 Jeynes**

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.

⁶ Dudley; Quarterly Review of Biology; Nov 2000.