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Testimonial: Joely Manes. **Get Published!** Call for recipes. **Q of Month:** Dr Laura's Soy Mistake. **Sorcerer's Apprentice:** Coenzyme Q 10. **Recipe:** Curried Cabbage. **Farm Fare:** Prime Time Int. **Q&A:** Atkins, Eczema, Grape Seed Oil, Depression, Tired Bodybuilder. **Functional Food:** Agave Nectar. **Parents Beware!** Heinz Horror Fries. **Feeding Diary:** Seth Clayton. **Food Policy:** 900 Tons Salt Gone. **Food Awareness:** Label Illiterates. **Sorcerer's Apprentice (2):** Vitamin A and Hip Fractures. **Events.**

What People Say**From Joely Manes**

Hello! I have to tell you, that I feel so lucky to have found this book! I loved reading this book and it really hit home with me.

I am a lacto-ovo-vegetarian and I hadn't been feeling all that well and knew that it had everything to do with my eating habits. Too many processed foods and a very large sweet tooth. I am also overweight.

It amazed me how I happened to find this book at just the right time!

Get Published!**New Recipes Invited**

Send us your Natural Eating recipe. If we like it, Nicole will make any necessary adaptations. It will then be published, with your name, in our next cookbook and newsletter. Just send it to us at our usual contact details.

Added Bonus! Authors of all published recipes will get a free annual web membership.

Question of the Month**Dr Laura Gets Soy Wrong**

Q. *I hear Dr Laura Schlessinger advertising the merits of soy all the time. Doesn't she know any better?*

A. Probably not – and we don't believe that she's been tempted by the soy industry's gold either.

Curiously, for someone with her suspicious antennae, she has bought into the soy industry's version of reality.

What they haven't told Dr Laura is this: that soy is loaded with anti-nutrients such as genistein, trypsin inhibitors and phytoestrogens.

The wonders of marketing have turned these drawbacks into advantages: women are sold soy as a remedy for female conditions such as hot flashes and PMS. It is even sold as having anti-cancer properties when in fact it increases risk of breast cancer¹!

The Dark Side of Soy continues on page 5

Sorcerer's Apprentice**Coenzyme Q 10**

Research² indicates that **TOO MUCH** Coenzyme Q can be just as harmful as too little. "Like cholesterol, Coenzyme Q is produced naturally by the body, and cells require it for life, but like cholesterol, too much of it is harmful," says researcher Catherine Clarke.

"Research on Coenzyme Q is still in its infancy and we have no idea what is the optimum."

Coenzyme Q (ubiquinone) supplements are sold as a means of boosting the immune system and longevity.

"Our findings suggest that Coenzyme Q causes more oxidative damage than it prevents," opines Clark.

Moral? Don't try to double guess your body's requirements. Just Eat Naturally and let the body make its own decisions.

¹ Helferich, Cancer Res. July 2001

² Clarke, Science; Jan 10 2002

Recipe

Curried Cabbage

- 1lb. (455g) white cabbage, shredded thinly
- 7oz (200g) white onion, thinly sliced
- 4 cloves garlic, crushed
- 1 tsp. fresh ginger, grated
- ½ hot red pepper, seeded and chopped finely
- 2 tsp. hot curry powder
- 1 tsp. mustard seeds
- 4 Roma tomatoes (~12 oz, 340g), unpeeled, diced
- 1 T. (15ml) olive oil
- salt, pepper

Heat the oil in a saucepan and sauté the onion briefly. Add the garlic, ginger, green pepper, curry powder and mustard seeds. Sauté on low heat for about 2 mins. Add the cabbage and sauté on high heat for 3 mins. Mix in the tomatoes and sauté briefly on high heat. Reduce heat and simmer for about 5 mins., or until the cabbage is cooked but still crunchy

This is a delicious, fully conforming way of preparing cabbage.

Farm Fare

Prime Time Salad Glory

In spite of the government drive to get Americans to “eat 5-a-day” fruit and vegetables, the lot of the produce grower is not an easy one.

It is great to know that succulent, nutritious and healthy food is still being produced in the most difficult of commercial environments.

Geoff and Nicole recently visited the amazing truck farms³ of Prime Time International (P.T.I.) in the Coachella valley of Southern California.

This is desert country and nothing grows without irrigation water. Prime Time uses the latest, innovative technology to bring drip-feed water and nutrients to a whole range of market garden produce.

They use sensitive techniques to plough waste vegetable matter back into the soil after harvest. All this care yields magnificent produce; artichoke, eggplant, lettuce, cauliflower and much more.

In another operation, they are growing bell peppers in plastic covered greenhouses. Again, the latest techniques and equipment are used, often imported from Israel, Holland – even Scandinavia.

The produce is conditioned in the field, then cold stored and shipped all over the USA and the Pacific rim.

We can attest to the wonderful flavor and texture of these vegetables fresh picked from the plant. If only it were possible to buy such quality in the shops!

Many thanks to Chuck Hodges and Mark Nickerson for showing us their operation. PTI on the web:

www.primetimeproduce.com

Questions

Atkins

Q. *A friend has been on the Atkins diet for about 4 months and has lost about 30 pounds. His cholesterol has gone down from 270 to 210 and his blood pressure is down. What's wrong with this? Shouldn't we all be on Atkins?*

³ market gardens (British)

A. One feature of the Atkins diet is cutting down on the Bad carbohydrates. In other words it is a ‘low carb.’ diet. This is entirely in conformity with our views about human feeding patterns. We would therefore expect to get some good results from the reduction in insulin levels – notably weight loss and improved cardiovascular vital signs. So far so good.

However Atkins spoils it all by promoting a high protein, eat-any-fat alternative. In other words, if you follow Atkins, you will eat a diet that:

- doesn't have enough plant food,
- is deficient in micronutrients, vitamins and minerals
- is deficient in soluble fiber,
- is overloaded with Bad fats
- has a hopelessly unbalanced omega-6 to omega-3 ratio
- has a hopelessly unbalanced acid/alkali ratio leading to acidosis.

In fact Atkins rather cynically plays to the weaknesses of the average human – the short attention span, the need for quick results and the need to make it attractive and simple.

People love the rapid weight loss and the fun of eating all the fat and meat that they like.

It is a formula that is successful and makes money for Atkins – but from a long-term health point of view, it is a biochemical and digestive disaster.

Eczema

Q. *I have been suffering from eczema for a long time, and have tried homeopathy, Chinese medicine, nutrition and more to no avail. I have two children, one 3yrs and a 6-month-old baby who I am breast-feeding.*

A. No doubt you have also been through all the conventional medical treatments too and checked to see if there are any allergens, food or otherwise, that are making you sick.

Natural Eating is the eczema fighter par excellence. If eczema survives that, then it is really intractable.

So these are the things to focus on:

Good intestinal health. Eat Naturally and after a few weeks the gut wall will be repaired and 'friendly' bacteria will be cultured.

Normalize vitamins C & E. You don't really need to do anything special if you Eat Naturally. However you might 'top-up', with 100 i.u of natural gamma tocopherol (a kind of vitamin E).

Balance your omega-6 and omega-3 oils. Make sure that you follow all the advice in the Book (notably 'fats and oils', chapter 5). Get the 'bad' fats and omega-6 oils ruthlessly out of the diet – and build up on the good omega 3 oils – chiefly by eating oily fish (salmon, sardine, mackerel etc...) and using Canola as your chief culinary oil.

As for breast-feeding, this is of course the best thing. Remember that a lot of what **YOU** eat ends up in **YOUR** milk. Eating Naturally is the best thing you can do for your baby – it will lay down the best defense too against him developing eczema later in life.

Grape Seed Oil

Q. *I recently was told that grape seed oil was very good for you. What do you think?*

A. Grape seed oil is a 'bad' omega-6 oil. The only reason why it might be considered 'good' is that it could contain

pycnogenol, a strong antioxidant. However, the Natural Eater has all the antioxidants he needs without consuming a bad oil to get them.

This is just marketer's smoke and mirrors. They find ever more exotic substances to persuade you to empty your wallet in the pursuit of so-called benefits that can be obtained more surely and truthfully by eating healthily. **DON'T WASTE YOUR MONEY!**

Depression

Q. *I heard you say that certain dietary errors exacerbate depression. What are they?*

A. One big factor is an imbalance in omega-6 and omega-3 essential fatty acids. Get that right and a lot of other matters will come right too. (Book, page 79)

Another factor is a deficiency of selenium. The British diet (in particular) is notoriously lacking in this trace element and the consequences are many, notably depressed immune system and increase in depression itself.

We recommend that you take a 'top-up' dose of a 50 mcg selenium supplement every two days.

Tired Bodybuilder

Q. *I have a physically demanding job and I seem to have lost energy both for the job and workouts lately. Is there anyway to add extra calories for my physical energy expenditures without violating any of the Natural Eating precepts? What do you suggest for athletes who need large amounts of energy like tri-athletes?*

A. We see from your daily consumption diary that you are concentrating just on fruits in the

morning. In view of your heavy physical expenditure, we suggest you ADD a meal at the beginning of the day. Ideally this would be using a fatty fish like mackerel or salmon. Have it in a salad or in a stir fry.

Don't reduce the fruit – just eat them later on in the morning at various snack times during the day.

As for tri-athletes, well, they are pushing their bodies to extremes for which the human body was never designed.

Even so, we have such clients who manage very successfully. They simply eat more of the same. Just for a few days after the event they will bump up the protein proportion to satisfy the body's need to repair muscle.

Functional Food

Agave "Good" Sweetener

For more than 9,000 years the agave plant has served the people of Central America as a source of food and fiber. Now it provides agave nectar, a natural sweetener with a remarkably low glycemic index of only 11.

This is explained in part by the high fructose content: 90%. There is probably a percentage of gums too which also brings down the G.I.

Agave nectar, is made from the juice expressed from the agave fruit harvested from plants cultivated in Mexico. The filtered juice is concentrated to a syrup-like liquid a little thinner than honey.

Agave nectar can be used in cooking too, providing softness and moistness to baked dishes.

One supplier is Western Commerce Corp., City of Industry, California.

Our view? Agave nectar is a useful addition to the range of safe, natural sweeteners. Of course, simple fructose powder can do much the same job.

Parents Beware!

Heinz Horror Technicolor Fries

News of the imminent release of chocolate flavoured oven chips under the Ore Ida Funky Fries brand name has angered US nutritionists; who have slammed US food giant Heinz for making an unhealthy snack increasingly irresistible to children.

Heinz says that the purple-packaged "Cocoa Crispers", which will reach US supermarket shelves by May, were designed after extensive market research.

They will be marketed "for kids with a sweet tooth" and accompanied by four other flavor varieties of Funky Fries, including the brightly blue colored "Kool Blue" fry.

Dr Barbara Rolls, a nutritionist at Pennsylvania State University, insisted however that the creation is equal to offering children the chance to commit "NUTRITIONAL SUICIDE". We're already in the middle of an epidemic of childhood obesity. I think it's time the food industry had some accountability."

Our View? We couldn't express our horror better. It's impossible to believe that food industrialists, who trade on our children's vulnerability like this, are anything but wicked.

Feeding Diary

This diary was submitted by reader Seth Clayton. He wanted to know if he was doing OK. We find it perfect, so we publish it here for the benefit and inspiration of our readers.

Morning: 5 servings of fruit, Example: blueberries, grapes, orange, two small apples

Mid-morning: 2 servings of fruit, example: pear, apple

Lunch: 2 servings of mixed salad leaves, eight cherry tomatoes, ¼ cucumber, 2 servings of minced veg mix (broccoli, cabbage, carrots) 2 servings of diced celery, 4 oz of mixed nuts (raw, no salt added).

Mid-afternoon: two omega three eggs (boiled or scrambled)

Dinner/after workout meal: Fruit: e.g. banana, orange (wait 15-30 mins) 2 servings broccoli, 2 servings of bell peppers, 2 servings zucchini and yellow squash, 2 servings of mushrooms, 3 oz of ground lean turkey breast

Food Policy

Supermarket Removes 900 Tons of Salt

The British Supermarket group Asda has taken 900 tons of salt out of its products, as part of a battle to reduce salt levels in the nation's food.

4lb. (1.5kg) of salt have been removed from its 4000 own-label processed food products since its salt reduction initiative began in late 1998.

Asda has reduced the sodium contribution in its customers' diets by an estimated 8%.

A 1994 UK government report showed that a one third reduction in salt consumption would save

34,000 lives every year. A high salt intake leads to high blood pressure, stroke and heart attacks and it aggravates asthma, osteoporosis and kidney disease.

Asda nutritionist Sue Malcolm said: "We have done what many people thought we couldn't do, we have reduced salt levels in Asda's food and drink, for the health benefit of our customers, without compromising on taste, quality, shelf-life or price."

Our view? This is a laudable attempt to reverse the insanity prevailing in the processed food industry.

However, an 8% salt reduction is only a start – it is way below the government target of 33%.

This won't be achieved until people's palates have been retrained to enjoy much lower salt levels.

More worryingly, Asda's nutritionist is still heavily concerned with preserving shelf life. Not until this criterion becomes a secondary consideration will real advances be made.

Food Awareness

Nutrition Label Illiteracy

93% of UK consumers find the information of food packaging too complicated to understand, according to a new "eat smart" survey of 1,000 food shoppers.

An enormous 75% of those questioned were unaware of what RDA (recommended daily allowance) means on food packaging.

Comment:

This is terrible: in effect a huge percentage of the population are

functional illiterates when it comes to reading food labels.

But there is worse, listen to the spokeswoman of the so-called British Nutritional Foundation. (This innocent sounding organization is in fact funded by junk food processors like Kellogg and Pillsbury.)

"We know that the best way to achieve a healthy diet is to fill up on starchy staples [*oh yes?*] and fruit and vegetables, and then add some dairy [*oh yes?*] and protein foods with just a few of the fatty and sugary foods. Following this advice doesn't necessitate reading the labels in detail [*good grief!*]."

WHAT SELF-SERVING COMPLACENCY! What dreadful advice! We need all the help we can get, to decipher the garbage that is **DEBASING** our food supply.

Sorcerer's Apprentice

Vitamin A Linked To Fractures

Too much vitamin A increases hip fractures in older women, according to a new study.

The adverse effects are caused by too much vitamin A, as found in supplements, (as opposed to beta-carotene as found in carrots and dark, leafy vegetables.)

The risk was **DOUBLED** with a vitamin A intake of 2,000 micrograms per day, compared with those of less than 500 micrograms daily. And women specifically taking a vitamin A supplement had a 40 percent **GREATER** risk of hip fracture than women not taking the supplement

"There is enough suggested evidence from previous studies and this one that it's very possible we're over fortifying and

over supplementing," says researcher Feskanich.

Our View? By trying to do well we often make things worse!

From Page 1

Dr Laura's Soy

So the dark side of soy is not revealed. Here is more:

Soy gives you allergies⁴: over 16 allergens have so far been identified. *There are so many they just get serial numbers!* The worst are: Gly-m-Bd-68K, Gly-m-Bd-30K, Gly-m-Bd-28K.

Soy gives you goiter⁵:

Many studies have shown how genistein and daidzein attack the thyroid gland leading to goiter and, in extreme cases, to cancer.

Soy gives you brain atrophy⁶:

The more people eat tofu for example, the more likely they are to have senile dementia in later life. A consumption of only two portions a week raises the chances of disease by 50% compared to those who consume no tofu at all.

Soy disrupts gastric function⁷:

trypsin inhibitors disrupt the pancreas causing it to secrete out of control quantities of cholecystokinin (a gastric hormone). Result: **WITHERING** of the pancreas and even **CANCER**.

⁴ Allergens in Major Crops, Tuji et al; Nutrition Research; 21 (2001) 925-934

⁵ Anti-thyroid Isoflavones from Soybean; Divi et al; Bio. Pharm. Vol 54, 1997.

⁶ Brain aging and midlife tofu consumption; White et al; J. Am. Coll. Nutr. Vol 19, No 2, 2000

⁷ Humanity's Double-edged sword, Cordain; W.Rev. Nutr. Diet. 1999, 84.

Soy is bad for babies⁸:

Babies fed on soy-based formula receive the adult equivalent of five birth control pills per day⁹! Soy-fed baby boys often fail to develop proper male traits later in life. Girls enter puberty much earlier than normal¹⁰.

Children of both sexes suffer disproportionately from extreme emotional behavior, asthma, immune system problems, pituitary insufficiency, thyroid disorders and irritable bowel syndrome.

The New Zealand Government already issued a warning in 1998 about infant soy formula.

Moral: soy is a plant to which humans have never become naturally adapted – and it matters. Don't be fooled by the sophisticated marketing machine of the soy spin doctors.

Upcoming Events

Contact us for further details.

Visit us on the Web!

www.naturaleater.com

www.savvyeater.com

Seminars (USA)

Info/Reg. 1-888 240 3493

Weds Apr 24, 3:00 – 5.00 pm
"How the Government's Food Pyramid is making us Sick"

Jerry Stergios Building
Desert Hospital, Indian Canyon Way, Palm Springs
Entry: open, free

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⁸ Irvine et al; The potential adverse effects of phytoestrogens in infant feeding; New Zealand Medical Journal; May 24, 1995.

⁹ Setchell, The Lancet (1997);350:23-27)

¹⁰ Freni-Titulaer; Premature Thelarche in Puerto Rico; Am. J. Dis of Children; 140(12): Dec. 1986

