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Testimonial: Rick Broome. **Food/Disease:** Fish/Full Term. **Origins:** Female Stress. **Detective:** What Killed Herod. **Food/Disease:** Alzheimer/Plant Food. **Recipe:** Avocado Salad. **Questions:** Mayo's Soy, Carnitine-Lipoic Fad, Solid Breakfast, Meat Instinct, Human Milk Fallacy, Calcium Kidney Stone Myth. **Lifestyle:** Stress and Triglycerides. **We are What we Eat:** Breast Milk. **Funny Food:** Crocodile. **Food Policy:** Hemp's In. **News Flash:** Apples and Dentists. **Parents Beware:** Heinz Horrible Fries. **Events.**

What People Say**Just What I Have Been Waiting For!**

This book has totally changed my views on eating. I am so glad I happened upon it. I read the book and went hard-core from the start. In the two weeks since I began the 'diet' I have lost 12 pounds and 6% body fat, while my energy level has shot up dramatically. **NO MORE MID-AFTERNOON, DEAD TIRED FEELING!**

I lost this fat without any real cardio workout. This book is outstanding in all aspects and ties together health, fitness and well-being. Great stuff!!

Rick Broome

whitelirien@hotmail.com**Food/Disease Link****Oily Fish Prevent Premature Births**

In yet another confirmation of the vital importance of the omega-6 to omega-3 ratio, recent research¹ shows that if a woman gets this right she is 3½ times **LESS LIKELY** to give birth prematurely.

Continued Page 5**Human Origins****Women Respond to Stress Differently to Men**

A landmark UCLA study² shows that women respond to stress with a cascade of brain chemicals that causes them to make and maintain friendships with other women. It's a stunning finding that has turned 5 decades of stress research – most of it on men – upside down.

It's an ancient survival mechanism left over from the time we were chased across the planet by lions and cheetahs.

Says Dr. Klein, "It seems that when the hormone oxytocin is released by the stress response in a woman, it encourages her to tend children and gather with other women instead."

Continued Page 5**Disease Detective****What Killed King Herod?**

In Herod's last days he suffered intense itching, painful intestinal problems, breathlessness, convulsions in every limb, and gangrene of the genitalia.

He was brutal, unpredictable, paranoid and cruel. During his 36-year bloody reign as king of ancient Judea, Herod the Great ordered the executions of one wife and three sons, and, according to biblical texts, directed the infamous Slaughter of the Innocents.

It's been more than 2,000 years since his death in 4 B.C., yet clinicians and scholars have unraveled the mystery of what killed 69 year-old Herod the Great.

Continued page 5**Food/Disease Link****Plant Food Deficiency Doubles Alzheimer**

Abnormal levels of the protein homocysteine in the blood double the risk of Alzheimer's disease according to a recent study³.

How do you avoid abnormally high levels of homocysteine? By making sure you have a diet high in non-starchy plant food. That will ensure a sufficient intake of the key vitamins B6, B12 and folate.

¹ Olsen; BMJ; Feb 25, 2002² Laura Klein, UCLA, Feb 2002³ Wolf; New Eng. J. Med.; Feb 14, 2002

Recipe

Avocado Salad

serves 2

**Ingredients:**

- 2 avocados, peeled, roughly chopped
- 4 oz (115 g) brown mushrooms, thinly sliced
- 2 oz (55 g) fresh baby spinach leaves
- 2 green onions (spring onions), thinly sliced

Vinaigrette:

- 4 tablesp. (60 ml) Canola Oil
- 2 tablesp. (30 ml) lemon juice
- salt to taste
- fresh ground black pepper

Garnish:

- 8 cherry tomatoes, halved

Method:

Mix the vinaigrette ingredients in an empty salad bowl. Mix in the onions. Then add the spinach leaves and toss. Gently mix in the avocado and onion.

Decorate with the cherry tomatoes.

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.

Questions

Soy and Mayo

Q. *The Mayo clinic promotes the consumption of soy, yet you talk about all the drawbacks. How come you know something that the Mayo clinic doesn't?*

A. Clearly we cannot answer for the Mayo clinic, but we can guess why they take up this position.

They are taking the position that soy is the lesser of two evils. They need to wean inveterate pork and beef eaters onto something less bad.

Soy products fit the bill. More satisfyingly, benefits in the form of lowered cholesterol and triglyceride levels, are quickly noticed.

The longer-term drawbacks that we all know about are swept under the carpet.

We believe in prioritizing choices. Mayo is making their choice. We judge that the hidden drawbacks of soy just are not worth dicing with.

Carnitine – Lipoic Fad

Q. *Everybody is rushing to buy carnitine⁴ and lipoic⁵ acid supplements. Why? What are they supposed to do?*

A. Recent studies⁶ on rats have shown that when these compounds are deficient in the diet, aging (in rats at any rate) is accelerated.

⁴ acetyl-L-carnitine

⁵ alpha-lipoic acid

⁶ Hagen, Proc. Nat Acad. Sc., Feb 28 2002.

Patent medicine suppliers now happily tranquillize many anxious people in search of a quick fix.

The truth is that these compounds, sold so expensively to gullible consumers, are readily found in food. Guess where? In green leafy vegetables. Carnitine is found in animal matter too.

Just Eat Naturally and save your money.

Solid Breakfast

Q. *You suggested last month that, as a high-energy body-builder, I should add a meal of fish and salad for breakfast. I thought that after all the goings on in your body at night the body wasn't ready for anything other than fruit.*

A. This is where we look for the best compromise between conflicting requirements.

Our suggestion of a portion (say 4 oz) of fish in a salad or stir-fry is still a light meal compared to the horror of the traditional American breakfast.

In our judgment, this is the least disruptive way to drive up your intake both of energy and of muscle repairing compounds.

Meat Instinct

Q. *You say that humans are not natural carnivores, so how do you explain the huge yearning for meat in our populations?*

A. *"You like what you are used to eating".*

So said polar explorer Amundsen when he was asked how he could enjoy, with gusto, the consumption of raw seal blood and guts.

How many of your meat-loving friends would enjoy, with or without gusto, such a 'meat' diet?

Another example: gorillas are natural vegetarians. Yet baby gorillas, if brought up on a meat diet, will fall on their meals with vigorous enthusiasm.

Finally there are huge sections of the human population, like the 1 bn Hindus and another 1 bn or so Buddhists (like the Japanese) that, traditionally, just don't eat meat at all.

For peoples brought up like that, the idea of eating meat is repulsive.

So it is all in the mind! Our desires for or against a particular food are not a good guide to what is right for human consumption. If it were, Pizza Hut and Haagen-Dazs would have gone out of business a long time ago.

Baby Milk Fat Fallacy

Q. *Considering that human breast milk is over 50% saturated fat, surely that means that it is an essential ingredient of human nutrition?*

A. NO! An unweaned baby can be compared to a chrysalis – they are both creatures at an intermediate stage between the fetus and the adult form.

Just like a chrysalis, a baby has a different biochemistry, different digestive arrangements, even a different anatomy, to its adult form. (Did you know that a baby's throat is so configured that, unlike an older person's, it can drink and breathe at the same time?)

In particular a baby is building brain at a fantastic rate – and brain matter has a significant

component of saturated fatty acids.

However, by the time a child is weaned (in our natural state, at the age of four) his brain growth has dropped to a much slower rate, his biochemistry is now like an adult's, and the need for these saturated fats stops.

Strictly speaking, human milk is not 50% saturated fats as you say – just 2%. (There is a further 1.7% of monounsaturated fats and 0.5% of polyunsaturated fats.)

The main components of the 2% saturated fats are: palmitic acid (1%), myristic acid (0.35%) and lauric acid (0.25%).

These fatty acids are each aggressive to human biochemistry in all the ways that have been scientifically documented ad nauseam. The remaining main component, stearic acid (0.3%) is relatively benign.

Bottom Line? Extrapolating from the particular to the general is never a good principle. In the case of human breast milk it leads to a totally false notion about what is good for weaned humans.

Calcium Kidney Stones

Q. *I am susceptible to kidney stones and my doctor says I should have a low calcium diet. Isn't this the opposite of what I need to prevent osteoporosis?*

A. Yet another case of Sorcerer's Apprentice syndrome! It does frustrate us to hear of health professionals, who should know better making these simplistic, facile connections. They think that, because kidney stones are made of calcium, then all you have to do is eat less calcium!

As we never tire of reiterating, what our body does with calcium (where it puts it and how) is all down to a highly complex system of hormonal signals.

With our dysfunctional eating habits we are constantly scrambling these signals.

It is quite possible for your body to take calcium out of your bones while simultaneously putting it into kidney stones. This process is explained, and the remedies to undertake, in the Book pages 145 – 150.

Incidentally, recent research⁷ shows that a low salt, very low protein diet reduces kidney stones significantly. This is not surprising, but only part of the story.

Both excess sodium and an acidic diet are part of the galaxy of errors that drive dysfunctional calcium metabolism. (An acidic diet occurs when there is over consumption of protein and under consumption of non-starch plant food.)

In this study, the test group consumed less than 2 oz of protein food per day. Salt consumption was limited to 2.9g (600mg sodium) per day.

The low salt consumption is good. But the very low protein consumption is surely an error too.

The researchers would surely have received as good results if they had held protein to 4oz and upped the quantity of alkaline (non-starchy) plant food.

⁷ Borghi; New Eng. J. Med.; Jan 10, 2002

Lifestyle

Stress and Triglycerides

A recent study⁸ shows that people under stress have much higher triglyceride levels.

Comment: We know that stress has all kinds of effects on our hormonal balances. Undue stress makes us physically sick in many ways. This is just one more piece of the jigsaw puzzle.

We are what we Eat

Breast Milk Matters

Studies⁹ on women of the Fulani tribe of Nigeria show that their breast milk is deficient in antioxidants. In fact, only 30% of the ideal.

Unsurprisingly, their babies are deficient in antioxidants too.

Why might this be? The Fulani is a tribe of nomadic cattle herders. They have an unusually high-meat diet, deficient in non-starchy plant food.

Comment: This demonstrates the importance, even amongst simple tribes, of Eating Naturally.

Funny Food

Reptile Steaks

Crocodile meat is often found as an ethnic food in many parts of the world.

It compares favorably with chicken on a nutritional basis. Every 100g of crocodile meat has just 1.9g of fat and 21g of protein

⁸ Catherine Stoney, Ohio State University, Feb 2002.

⁹ Vander et al; Nutr. Res.; vol 21; Issue 1 – 2; Jan-Feb, 2001

compared with 10g of fat and 20g of protein in chicken.

Now restaurants in Thailand are offering recipes that include hot stewed crocodile with herbs, crocodile fillet with onion and ginger, and crocodile steak (best medium-rare).

Food Policy

Hemp: Triumph of Common Sense

The American Drug Enforcement Agency (DEA) has been ridiculed into submission over the sale of hempseed products.

The variety of hemp that is used to make the good omega-3 rich oils and butters contains incalculably small -- and totally ineffective -- traces of THC (the compound that makes marijuana a psychoactive drug). This was enough for the DEA to mobilize the full weight of the War on Drugs to crush this fledgling and innocent health food industry.

BUT the all-American bagel is decorated with poppy seeds. When it was pointed out that there is **MORE** psychoactive **OPIUM** in this potent symbol of American culture, the DEA, with bad grace, gave way.

News Flashes

New Apples Confuse Dentists

New figures about apples issued by the US Department of Agriculture have raised temperatures among nutritionists worldwide.

Figures for new, sweeter, varieties of apple like Gala, Fuji, Pink Lady and Braeburn show them containing up to 4 teaspoons of "sugars".

But therein lies the question: are these "sugars" still mostly fructose? Clearly, a major concern for the Natural Eater is to know if the Glycemic Index (G.I.) is affected.

The G.I. guru, Jennie Brand Miller, has reassured us that: "the remarkably similar GI across all studies of apples suggests that the ratio of individual sugars is not changing."

In a classic example of overkill, the British Dental Association (BDA) has blacklisted the apple. In terms of sugar risk to teeth, the BDA classes it in the same league as fizzy drinks and sweets!

Incredibly, the BDA says that consumers should "only eat apples... at meal times and make sure to wash their mouth out with water afterwards".

What rubbish! The pediatric dentist Richard Widmer, from Sydney's Children Hospital, says it for us, "the BDA is confused. The natural sugar in apples is not harmful, unlike table sugar."

Parents Beware

Heinz Horrible Fries

We reported last month on the launch of Heinz 'funky fries'. Even the food industry is appalled. The editor of the food trade magazine, Just-Food has this reaction:

"As Heinz claims, Funky Fries are wild, wacky and radical, but are they a good idea? Should we really be encouraging our children to eat blue or chocolate-flavored fries?"

"Heinz boasts in its press release, "simply put, they're not what a potato is supposed to be".

Never was a truer word spoken. Funky Fries™ are frivolous, undermining, and, altogether, a little tacky.”

“This product might be easier to applaud if it were at least healthful. Blue spinach, or strawberry-flavored pilchards would at least encourage kids to eat healthy food. But nope, Funky Fries™ are as lacking in nutritional benefit as any other form of fry.”

“It may not be the job of manufacturers to teach our children to eat well, but do they have to make it so hard? How about a little more investment in making genuinely healthful food appeal to kids? Now that would really be something to be proud of.”

“Let's try to love the food around us without distorting it past the point of recognition. Carrots are orange, cauliflowers white and sprouts green. And they each have their own unique flavor. Deal with it.”

Comment: Is this the sign of a new dawn? The food industry recognizing that there are limits to the distortion of our food supply? We certainly couldn't have expressed our outrage better.

From Page 1

Premature Babies and Fish

Those Danish women who ate oily fish (rich in omega-3) just once a week reduced the premature birth risk from 7.1% to 1.9%.

Female Stress

“Friendships between women are special. “They soothe our tumultuous inner world, fill the emotional gaps in our marriage, and help us remember who we really are.”

“When she actually engages in this tending or befriending, more oxytocin is released, which produces a calming effect. This calming response does not occur in men,” says Dr. Klein, “because testosterone – which men produce in high levels when they're under stress – reduces the effects of oxytocin.”

The discovery that women respond to stress differently than men was made in a classic "aha!" moment shared by two women scientists who were talking one day in a lab at UCLA.

"There was this joke that when the women who worked in the lab were stressed, they came in, cleaned the lab, had coffee, and bonded," says Dr. Klein. "When the men were stressed, they holed up somewhere on their own.

The "tend and befriend" notion developed by Drs. Klein and Taylor may explain why women consistently outlive men.

Comment: The study of our human ancestry – what it means to be human – can throw up many surprising, yet illuminating, insights into how we can best organize our lives today.

It is interesting to reflect that, in an emergency on the African savannah, the females were programmed to round up the kids and get everyone into a huddle, while the men, pumped up on testosterone and adrenaline, battled off the danger.

No doubt, as the lady researchers noted, analog responses can be found in our behavior today. It is a warning not to jump to value judgments about your partner's seemingly incomprehensible conduct in an emergency.

Herod

Herod the Great expired from chronic kidney disease complicated by Fournier's gangrene, according to medical investigative work¹⁰

Herod is fascinating because of the complexity of his life and his involvement with all the great figures of the time: Pompey, Julius Caesar, Augustus and Marcus Agrippa.

Upcoming Events

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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 community service

Book Signings (USA)

Info: 1-888 240 3493

- **Sat May 4**, Borders Books, S. Coast Plaza, Costa Mesa.

- **Sat May 18**, Borders Books, Rancho Mirage.

¹⁰ Jan Hirschmann, M.D. Professor of Medicine, University of Washington's School of Medicine.

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US: Natural Eating LLC, PMB 171, 420 N. Nellis Blvd. #A3, Las Vegas, NV 89110, USA. Toll-Free: 1-888-240-3493; Fax: 760 328 8529
UK: Natural Eating Ltd, 7, Maxwellton Close, London NW7 3NA. Tel: 0208 959 7549; Fax: 0208 959 2110
Everywhere: e-mail: info@naturaleater.com; Web: www.naturaleater.com

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