

NATURAL EATING NATURAL EATING NATURAL EATING

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Tropical Origins: AIDS. **Prevention:** Medico-industrial complex. **Complacency:** Kile's Sudden Death. **Recipe:** Tomato and Zucchini. **Q&A:** Bee Pollen, Fluoride, Rye Bread, Omega-9 Oil, Sulfur, Macrobiotics. Twisted by Knaves: **Canola Calumnies (2)** – Transfatty acid slur, Bad Breeding. **Buyer Beware:** Slim Fast. **Cancer Briefing:** Pancreatic Cancer. **Food Policy:** Buttered Politicians. **Tailpiece:** Donkey Meat.

Human Origins

Aids – Out of Africa

Darwin suffered obloquy for a number of reasons. One was his speculation that humans had their origins in Africa. This flowed from his observation that similar species tend to be found in the same locality.

Our Victorian forebears did not like his conjecture that gorillas and chimpanzees, both located in tropical Africa, are our closest relatives.

But the circumstantial evidence is even greater. It is no coincidence that some of the most sophisticated diseases of man are found in tropical Africa too. They have had the longest time to evolve and prey on us.

Thus malaria, sleeping sickness, guinea worm and a host of other parasitical diseases have the most complex life-cycles that make use of the human body as part of their sneaky lifestyle.

AIDS is just the latest...

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Prevention

Stay out of their Clutches



*“Still no improvement?”
“Nurse, attach more gizmos”*

Conventional medicine has, remarkably, conquered all the major infectious diseases. It makes the most extraordinary repairs to broken bodies. We ought to be living in a golden age of radiant, carefree good health.

Instead, like tenants from hell, we trash our healthy bodies. In a Faustian pact, the golden promise has been traded for the big, lifestyle diseases today, like heart disease, cancer, osteoporosis, allergies and arthritis. **THEY ARE VOLUNTARY DISEASES** and conventional medicine has little to say about *prevention*. **Continued: page 5**

Beware Complacency

Sudden Athlete Death

The 33-year-old St. Louis Cardinals pitcher Darryl Kile, who was found dead in his hotel room, had 90% narrowing of two out of the three main arteries to his heart.

Hardening of the arteries is common in Americans and often begins in childhood. It kills 15,000 Americans each year. In 50 percent of men who die suddenly of heart disease, there were no previous symptoms.

Comment:

It is a sad phenomenon, first observed¹ by Major Enos 50 years ago during the Korean War. The young American soldiers all showed signs of mature heart disease, whilst the Korean soldiers had none. The fast food culture was already subverting young Americans' health.

¹ Enos, Coronary Heart Disease in US Soldiers Killed in Action in Korea; JAMA; July 18, 1953

Recipe

Sun-dried Tomatoes and Zucchini

serves 4 (as a side dish)

Ingredients:

- 8 oz (225 g) white onion, chopped
- 2 lbs. zucchini, unpeeled, cut into ¼-inches (approx. 2½ cm) slices
- 3 oz (85 g) sun-dried tomatoes
- 1 tablesp. olive oil
- approx. ½ cup (approx. 125 ml) liquid from the drained tomatoes
- 4 cloves garlic, crushed
- 2 teasp. ginger, grated
- ¼ - ½ teasp. hot chili sauce
- 5 twists of the cumin mill
- 5 twists of the coriander mill
- salt to taste
- fresh ground black pepper to taste
- 1 teasp. lemon juice

Method:

Soak the sun-dried tomatoes in hot water for 5 min., drain but keep the liquid and set aside.

Heat the oil in a large frying pan and sauté the onions until soft, but not brown.

Add garlic and ginger and sauté for 2 minutes.

Add a dash of hot chili sauce, the cumin and coriander.

Mix in the sun-dried tomatoes with ½ cup of their (?)liquid.

Add zucchini and salt and pepper to taste.

Sauté until done.

Mix in the lemon juice.

Questions

Bee Pollen

Q. I have been thinking about taking a bee pollen supplement. I am not sure I am getting enough protein, as I have been eating mostly veggies, fruits, some fish and chicken along with some nuts and seeds. I am also losing weight but have thirty or forty to go.

A. We have a natural antipathy to supplements; there has to be a really good reason for taking them. Always the priority is to get the eating pattern right first.

From what you say, you seem to be doing pretty well. It is **HIGHLY UNLIKELY** that you are short of protein or any other nutrients.

Why is bee pollen sold? It is a by-product of honey production and the marketing men have found a way to get people to pay big bucks for it.

Geoff Bond says, "As a small boy, I spent the school holidays on my grandfather's private apiary. He was always scathing about the spurious health claims made for pollen. He was particularly upset about the hardship that the bees went through. Usually the commercial producers killed off the whole hive (all 40,000 bees with their queen) just to save themselves the trouble of manipulating the living nest."

Are the health claims spurious? Pollen does indeed contain a wide range of micro-and macro-nutrients including protein. So if you are prepared to eat it in cupful quantities then it might be a reasonable substitute for an egg or a piece of fish.

Of course, they don't sell pollen to be eaten by the cupful. It is sold in minute quantities at a fancy price. In such amounts, its nutritional contribution is derisory.

One thing is pretty sure; our Pleistocene ancestors never ate pollen and it is certainly not a naturally adapted food. Indeed, if you stick it up your nose instead of your mouth, it will give you allergies and hay fever!

Don't waste your money.

Fluoride

Q. Dannon is promoting a new bottled water for kids called "Fluoride to Go." Is this a good way to ensure that they get enough fluoride for sound teeth? I am worried by the scare stories going the rounds.

A. "Poison is in the dose". Fluoride is one of those trace elements that is *essential* in minute doses but is toxic in large doses².

Our ancestral homeland in the savannahs of East Africa was (and is) a fluoride-rich environment³. It is present in the soils, water, plants, herbivores, carnivores and humans. It is normal, even essential, for fluoride to be present in human tissue⁴.

The normal dietary intake is between 1 and 3 mg per day just from normal food and water sources.

Fluoride performs essential functions in bone building, but in excess amounts it causes mottling of the teeth. This is a warning sign. If the intake of fluoride is increased yet further it creates crippling bone calcification known as 'fluorosis'. This condition occurs quite

naturally in some parts of the world like the Punjab, where the concentration of fluoride in the natural water supply is extremely high – 12 parts per million. (Water normally contains about 1 part per million.)

Under medical supervision, fluoride is used to treat osteoporosis and famously it is recommended to strengthen teeth. All the evidence shows that fluoridated toothpaste and other approved techniques for strengthening tooth enamel are effective and safe.

So, what about Dannon?

We are against artificially fluoridated water in any guise. There is no control over the dose absorbed. We are particularly against fluoridated water supplies. It is dangerous to allow 'Big Brother' to take control over what must be private decisions about what you put in your mouth!

Rye Bread Again

Q. *I thought that a simple rye bread was all right for limited use. What do you think of this list of ingredients? Organic whole grain rye flour, organic whole grain spelt flour, flax seed oil, fructose, yeast.*

A. OK to a simple rye *kernel* bread for *limited* use. What we like to see is the presence of a high percentage of rye kernels. This is what reduces the glycemic index. Your bread does not have them. We don't like to see the rye adulterated with wheat flour – which is what the 'spelt'^a is.

^a Spelt: an early form of wheat, known to the Romans and other ancient peoples. It has a tough husk and does not lend itself to intensive farming and

Omega 9 oils

Q. *What are omega-9 oils? I see them sometimes boasted about on food labels.*

A. These are, quite simply, the most common *monounsaturated* oils. By far the most widespread is oleic acid, the main component of olive oil and even Canola oil.

So, yes, it is right to claim that omega 9 oil is safe (even if it doesn't make a positive contribution).

Sulfurous Foods

Q. *Can you recommend a good source of sulfur-based protein?*

A. Most animal proteins are sulfur-rich, which is partly what accounts for their undesirable acid-forming powers. This includes fish, meat, poultry and eggs; they all have at least **200** mg/100mg.

The highest scores are shellfish:
- Oysters: over **800** mg/100g
- Mussels, scallops, whelks and winkles: over **400** mg/100g

In addition, some nuts are quite rich in sulfur: almonds, Brazil nuts and peanuts are all over **150** mg/100g.

Almost all other foods contain *some* sulfur, but why do you want to know? Sulfur is not normally regarded as a desirable thing.

Macrobiotic Diet

Q. *Why do we hear so many good things about the macrobiotic diet? It relies on 50-60% whole grains, with all their toxins and antinutrients. What's the story here?*

industrial processing. Organic farmers are taking it up enthusiastically.

This suite of diets, loosely based on traditional Japanese cooking, has a rationale that is based on subjective meta-physical^b criteria rather than on any scientific basis.

It is materialized in a diet that is basically vegan with an emphasis on brown rice and vegetables. It avoids dairy and animal products. It believes that cooking vegetables is a good thing.

While some people sometimes feel better in the short run, this is not surprising. They are eliminating many foods from the diet (e.g. wheat, dairy, animal fats) that make humans sick in general.

But the emphasis on a starchy grain (rice) is already a major lapse. It *cooks* its vegetables, which is something we should keep to a minimum. It makes food choices based on transcendental notions of 'yin' and 'yang' which may or may not correspond to the sorts of balances we are trying to achieve with Natural Eating.

The macrobiotic diet is seriously flawed. It certainly does not correspond to the Natural Eating pattern. **Avoid.**

Twisted by Knaves

Canola Calumnies – 2

There are e-mails going the rounds, hysterically denouncing Canola oil. They are nothing but dishonest, anxiety-making tittle-tattle. Over the next few months we will deal with some more of the misleading claims.

^b relating to a reality beyond what is perceptible to the senses. (Webster)

Trans Fatty Acid Slur

"Canola is a *Trans Fatty Acid*, which has shown to have a *direct link to cancer*".

Rubbish! This assertion is typical of zealots who will use any smear, however idiotic, to pursue their dishonest ends. Why not claim that Canola is racist – it wouldn't be any more absurd.

In fact, Canola oil is a remarkable cocktail of extremely healthy oils: monounsaturated oil (60%), omega-6 oil (22%) and omega-3 oil (11%). There is a remarkably low percentage of saturated fat (the 7% that remains). Not a smidgen of trans-fatty acid in sight!

Low Breeding

"Canola is *genetically engineered rapeseed*."

Is Canola another name for rapeseed? Yes, and what of it? 'Canola' is a brand name for use within NAFTA^c. It is sold under its generic name in the European Union - rapeseed oil. The French make a big deal of "huile de colza" in all its forms including 'cold-pressed', virgin and organic.

Is 'genetic engineering' the problem? If so, the American public has been eating genetically engineered French fries, tomatoes, ketchup, corn, tofu, soy protein, corn oil, and sunflower oil etc... for many years.

As it happens, we are against the principle of genetic engineering because it is a Gadarene⁵ rush away from our naturally adapted food supply.

In America it is impossible to know whether a product is genetically engineered if the label doesn't volunteer the

^c North American Free Trade Area. Consists of USA, Canada and Mexico.

information. If you want to be sure of avoiding genetically engineered Canola, buy *organic* Canola oil.

Buyer Beware!

Slim-Fast

READY TO DRINK
MEAL REPLACEMENT
FOR WEIGHT CONTROL

This fast selling meal-in-a-can is sold as a wonder way to reduce weight. You might change your mind when you see what is in it.

The first ingredient is allergenic and cholesterol-raising *skimmed milk*.

The second is... *water!* A good, cheap way to provide bulk at a tasty price.

Third ingredient: *sugar*. Oh dear, cheap taste, empty calories and highly glycemic. There are *7 teaspoons* of sugar in just one serving (a can)!

Fourth: allergenic and cholesterol-raising, *milk protein*. Need we go on? This is nothing but highly priced, body bashing rubbish.

Don't waste your money.

Cancer Briefing

Pancreatic Cancer

Pancreatic cancer is increasing rapidly in the industrialized world, and nowhere more than in Japan which, historically had extremely low rates of the disease. Recent studies^{6,21} identify why. It is the increased consumption of wheat, rice, red meat and variety meats ("offal") and the reduced consumption of traditional Japanese foods like raw fish, tempura (sautéed seafood) and vegetables.

The Italians too have had a close look^{7,8} at dietary changes. They found that an increased consumption of meat (including

ham and sausage) and lower consumption of fruit increased pancreatic cancer by 25%. In addition, tobacco smoking increased the risks by 14%. Fish and olive oil consumption reduced risk. Alcohol and coffee had no effect.

In Shanghai, the Chinese found⁹ that vegetables, fruits, eggs, dietary fiber, and plant food micronutrients such as vitamin C, E and beta-carotene are protective. On the other hand they found that foods that were deep-fried, grilled, cured or smoked, increased risk of pancreatic cancer.

The Quebecois¹⁰ found that high consumption of salt, smoked meat, food cooked over firewood, fried food, dehydrated food, and refined sugar all increased pancreatic cancer risk. On the other hand protection was afforded by raw food, food free of additives and preservatives, and food prepared by microwave oven. (Yes, the much-calumniated microwave is actually one of the least bad ways of cooking.)

Studies that identify the Cancer Fighters

Studies show that 'good' levels of selenium¹¹ beta-carotene¹², vitamin C¹² and folate¹³ in the diet are necessary for pancreatic cancer prevention.

Folate^d is a vitamin of the B complex and is also known as folic acid and folacin. Other studies¹⁴ confirm that a high vegetable, salad and fruit diet is protective. Patients fed on fish oil (omega-3) had their condition significantly improved¹⁵.

^d folate is necessary for the synthesis of cell DNA and the formation of red blood cells. It is mainly present in *foliage* (whence the name). Major sources are therefore leafy green vegetables.

Omega-3 oils generally fight pancreatic cancer¹⁶. In an unconfirmed study¹⁷ there is some evidence that aggressive treatment with pancreatic enzymes^e can significantly retard the progression of pancreatic cancer.

Other Risk factors for pancreatic cancer:

- A high fat¹⁸, high omega-6 diet "significantly increases risk"^{19,16} of pancreatic cancer".
- Regular consumption of soy. Yes, that much hyped, but two-faced, bean contains a 'poison pill', trypsin inhibitors. These nasty antinutrients are sore provokers of pancreatic cancer²⁰.
- High carbohydrate diets²¹ are another important risk factor. The high insulin levels depress the immune system and they provoke increased levels of the hormone 'Insulin-like Growth Factor-1' known as 'IGF-1' for short. IGF-1 is a known cancer promoter. High carbohydrate diets are blamed for the vastly increased rates of pancreatic cancer amongst the Japanese and African Americans^f.

This sounds pretty daunting – but it all boils down to eating in the Natural Eating way. So just adopt these habits right away – there is not a moment to lose!

^e These are enzymes normally secreted by the pancreas and include amylase, lipase and enterokinase.

^f African Americans and many other peoples have an even lower resistance than Caucasians to a high starch diet.

Food Policy

Buttering up Politicians

The US dairy industry lobby won concessions in the recently passed Farm Bill after spending US\$400,000 on lobbying.

A proposed ban on the sale of sick dairy cows into the food-chain was struck down in senate committee, following opposition from the dairy sector. [How else did you think hamburgers could be so cheap?]

Legislators also approved huge milk subsidies. By coincidence, the Dairy Farmers of America's political action committee paid money to 15 of the 16 members facing election.

From Page 1

AIDS - Out of Africa

The latest duplicitous and complex disease to hit the human race, AIDS, also has its origins in Africa. The chimpanzees got it first and have had, seemingly, a very long time to become resistant to it. It was as recently in the 1950's that AIDS hopped across to humans. Clever detective work²² has traced it back to an ape that was killed for food in the former Belgian Congo around 1959. The AIDS DNA strain matched with that taken from an adult Bantu male, who later developed the disease.

Stay out of their Clutches

Doctors try their best. But do you want to end up like that figure in the cartoon? Stay out of the clutches of the medico-industrial complex!

The most effective action you can do is to put the right fuel into your body. Eat Naturally!

Tailpiece

Donkey Meat Sausages Cause Offence in Kent

The French owner of a delicatessen in Sandwich, Kent, (UK) has upset local residents by selling sausages made from donkey meat. The sausages, which are 10" long and cost £3.50 (\$5) each have come under fire from locals who say that the animals used to make them may have suffered hardship and cruelty by being transported thousands of miles across Europe.

Comment: this is typical of the English who cannot say what they really mean: "How could one possibly eat a donkey?"

The French of course think nothing of eating donkeys – or horses for that matter. The Californians were so outraged that they banned the sale of knackers' horses to France.

In fact, nutritionally, both meats are Natural Eating conforming.

ENDNOTES

² Boivin; World Rev Nutr Diet; 1993

³ Stature, Skeletal Mass and Evolution; Garn; Masson; 1981

⁴ Pleistocene Health; Polgar; Mouton; 1975

⁵ Gadarene swine that rushed headlong into the sea imbued by Jesus' cast out devils.

⁶ Int. J. Pancreatol. 1996 Aug;20(1):37-42

⁷ Eur J. Cancer Prev. 1998 Dec;7(6):455-60

⁸ Cancer Epid. Bio. Prev. 1996 Jan;5(1)

⁹ Cancer Epid. Bio. Prev. 1995 Dec;4(8)

¹⁰ Cancer Epid. Bio. Prev. 1995 Dec;4(8)

¹¹ Carcinogenesis 1996 Jul;17(7):1411-6

¹² Carcinogenesis 1991 Nov;1212(11)

¹³ Am J Epidemiol. 2001 Apr 1;153(7)

¹⁴ Cancer Epid. Bio. Prev. 1993;2(6)

¹⁵ Br J. Cancer 1999 Sep;81(1):80-6

¹⁶ Lipids 1992 Oct;27(10):804-6

¹⁷ Nutr. Cancer 1999;33(2):117-24

¹⁸ Carcinogenesis 1993 May;14(5):1021-6

¹⁹ Proc. Soc. Exp. Biol. Med. 2000 Mar;223(3):310-5

²⁰ J. Nutr. 1994 Jun; 124(6):894-900

²¹ Med Hypotheses 2001 Aug;57(2):146-501

²² Ho; 5th Conf. on Retroviruses and Opportunistic Infect.; Chicago; Jan 1998.

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