

NATURAL EATING NATURAL EATING NATURAL EATING

www.naturaleater.com

www.savvyeater.com

Straight from the Shoulder Advice. We accept no reward from companies mentioned in this newsletter.

We are independent of commercial pressure and say exactly what we think.

Origins: Emotional Memories. **Chuckle:** Monica Lewinsky. **Q of Month:** Racial Differences. **Recipe:** Tuscany Vinaigrette. **Q&A:** Palm Oil, Hot Omega-3, Lymphatic Cancer, More Sulfur, Sugar Instinct, Microwave, Caffeine, Hormone Replacement. **Canola Calumny:** Bribing the FDA, Lubricating Oil. **Cancer Briefing:** Prostate 1. **Processed Food:** Chinese Chicken. **News Shorts:** Trans-fat Labels.

Human Origins

Women Have Better Emotional Memories

The reason wives are better at remembering emotional issues than husbands may be because women's brains are wired to both feel and recall emotions more keenly than those of men, a new study found¹.

"The wiring of emotional experience and the coding of that experience into memory is much more tightly integrated in women than in men," said Canli, lead author of the study. "A larger percentage of the emotional stimuli used in the experiment were remembered by women than by men."

She said the study supports the folkloric idea that a wife has a truer memory for marital spats than does her husband.

Our view? This fits in with what we know about how Pleistocene life was organized. The women would spend most of the time together and would be intriguing and vying with each other for higher places in the pecking order and for better resources from the males.

Continued: page 5.

Lewinsky Chuckle

Diet is in the Mind



I'm not on a diet ... I just don't feel like eating ANYTHING after seeing this."

Buyer Beware

Food Commission Study Slams Breakfast Cereals

The breakfast cereals investigated were so heavily laden with sugar and fats that "they should really be sold alongside cakes"!

Worst is **Quaker's** Harvest Crunch with Red Berries. A 100g serving contained: **12g fat, 26g sugar, and ONLY 4g fiber.** That is **WORSE** than **TEN** chocolate chip cookies!

Breakfast cereal, "most foul, as in the best it is", is a terrible trap even for the wary.

Question of the Month

Racial Differences

Q. *How did it come about that during the past 2000 generations, strong and varied facial features developed between the different continents e.g. especially the Japanese. I wondered why their eyes developed in such a way.*

A. Every single one of us contains dozens of DNA 'letters' that have been incorrectly copied from our parents' DNA. These are known as mutations. Mostly they have no useful purpose, but if they don't do any harm, they survive in our descendants.

So it is that there is a continual tendency for creatures to diverge from their ancestral stock. For example, the way different breeds of dog have emerged (just in recorded history) from a common ancestor is well documented.

In spite of the enormous superficial differences from a Chihuahua to the Great Dane, they are still all dogs, are still the same species, and can still breed with each other.

Continued: page 5.

Recipe

Tuscany Vinaigrette

This is a very simple dressing that can be knocked up in 5 minutes. It has a robust taste and can be used directly on all salads.

The quantities here are to make up a 1-pint bottle. Store it in the fridge and use as needed.

Ingredients:

1 cup (225 ml) Organic Canola oil^a
 ¼ cup (55 ml) Walnut oil
 ½ cup (110ml) Balsamic Vinegar
 ¼ cup (50 ml) Lemon juice
 4 tsp. Garlic paste
 2 tsp. Mustard paste
 1 tsp. Ground black pepper

Method:

Mix all the ingredients together and put into a suitable glass, stoppered bottle.

Comment:

This is a dressing rich in omega-3 oils. The walnut oil adds extra flavor and raises the omega-3 ratio further.

Here, for convenience, we have used ready-made garlic and mustard paste. The purist will use freshly crushed garlic and powdered mustard.

The mustard, apart from bringing its pungent taste, acts to **THICKEN** the dressing.

^a For example: Spectrum Naturals brand in USA, and Midsummer brand in UK.

Questions

Palm Oil

Q. I'm in a cancer chat room and someone said that coconut and palm are two of the unhealthiest oils you can use due to high omega-6 content.

A. This has the right answer for the wrong reasons. Coconut oil and palm oil are unhealthy due to the high **SATURATED** fat content, notably myristic acid and palmitic acid respectively. See Prostate Cancer, page 4.

Heating Omega-3 Oils

Q. Someone claimed that Canola oil used for cooking must have the omega-3 removed or it could become a toxin to our systems. They say that I should not count on Canola oil for any kind of source of omega 3.

A. A classic case of *reductio ad absurdum*^b. Or, to use another idiom, it is throwing the baby out with the bathwater.

Canola oil along with walnut oil, flax oil, hemp oil and a few other sources are excellent, even irreplaceable, suppliers of that essential omega-3 vitamin, linolenic acid. So far, so good. All these oils are important elements of a modern diet.

As we have highlighted many times, linolenic acid is fragile, particularly to extreme heat. It breaks down into oxidized fats that are harmful to the body. What does this mean in practice? It turns out that used cold, or light stir-frying of Canola oil does not produce harmful by-products.

^b Proof of the falsity of a proposition by revealing the absurdity of its consequences

In contrast, McDonalds requires oils that withstand high heat over many cycles for days on end. Neither Canola oil, not flax oil not any of the other linolenic acid sources would fit that bill.

In fact McDonalds uses oils from which every last drop of omega-3 has been extracted.

Are they worried about their consumers' health? Not likely! They don't like the oil going rancid on them after the first couple of days of frying.

So it is just absurd to abandon consuming flax oil (for example) on the grounds that if heated to high temperature over many days it becomes harmful.

And just in case you are wondering, the omega 3 fatty acids in fish (DHA and EPA) are heat resistant, so it is fine to eat your salmon smoked, your tuna grilled and your sardine canned.

Lymphatic Cancer

Q. My partner has developed lymphatic cancer even though he has a healthy lifestyle. He has an anxious personality and I think that this is at the heart of many illnesses, especially those to do with the immune system. The Lymphoma Association has nothing about diet.

A. Sure, anxiety, stress and loss of sleep, by producing abnormal levels of stress hormones like cortisol, have the unwanted side effect of depressing the immune system. The hormonal cascade on page 70 of the NE book gives the idea.

We agree with you; it is a scandal that, in conventional medicine, there is no recognition of the crucial role of diet.

More on Sulfur

Q. *I have been looking at the work of the German scientist, Dr. Johanna Budwig, who did a great deal of research on flax oil and cancer. Her research showed that flax oil could be much better utilized by mixing the oil with a sulfur based protein.*

A. You are certainly doing a lot of spadework -- but it is frequently hard to know the worth of what you have dug up. Dr Budwig was active back in the 1950's and her ideas are very dated. She also invented 'Crème Budwig', a ghastly confection of sunflower oil, yogurt, very ripe banana, and freshly milled grains.

Last month we reported that oysters are the richest in sulfur. In principle we are against trying to micro-manage your nutrient intake in this way – but in this case flaxseed oil and oysters can't be all bad!

Sugar and Fat Instincts

Q. *Why do we have the instinct to eat sweet and fatty foods when they are so bad for us?*

We understand that the brain works to some very simple rule-of-thumb principles like, "if you come across something sweet, eat as much of it as you can" and, "if you come across something that looks sweet, but tastes bitter, spit it out."

That worked fine in the Pleistocene environment where the environment was predictably sugar-poor and where such fruits as there were didn't want to get eaten until they were ripe.

So human brains are hard-wired with sugar and fat consumption programs that have **NO PROVISION** for the case where

there is an **ABUNDANCE** of sweet and fatty foods.

The food industrialists have discovered this phenomenon and happily expand their turnover by producing an enticing cornucopia of sweet and fatty foods.

Microwave

Q. *What about microwave ovens. Are they all right to use?*

A. There have been some alarmist, but unfounded attacks on the use of microwave ovens.

ORDINARY HEAT is a form of microwave radiation too! -- And we think nothing of roasting, baking, frying, broiling and barbecuing. All of these cooking methods pump the food full of electro-magnetic radiation in the form of heat.

Microwave ovens deliver electro-magnetic radiation at a different wavelength but with the same result – causing water and fat molecules in the food to vibrate faster – in other words to become hotter.

Heating food always modifies its nutritive value, destroying some nutrients and releasing others. It is a trade off. If food is going to be heated then the balance of advantage is in microwaving it. At least the food is cooked gently, quickly and in the absence of added fats and oils. According to studies² it is one of the **SAFEST** ways of heating food.

Caffeine

Q. *I look after my health and am very careful to avoid caffeine. What is your view?*

A. Caffeine is present, quite naturally, in a great many plant foods (but not, of course, in the

concentrations found in a Starbuck's Grande.)

The body can handle caffeine in those imperceptible plant-food amounts just fine. On the other hand, surprisingly, the consequences of modest caffeine consumption have not found to be harmful.

Increased consumption leads to a kind of addiction, headaches and post-caffeine slumps.

But in the great sweep of dietary errors, it's the **Big Mac** and **French Fries** that are the real villains, **NOT** the watery coffee that they serve with them.

Hormone Replacement

Q. *I've seen this scare about HRT. What is your view?*

A. Part of a recent HRT study³ was stopped early "based on health risks that exceeded health benefits over 5.2 years". The subjects were women with a uterus taking combined estrogen and progesterone.

Beneficial results included reduced colorectal cancer and hip fracture risks.

Harmful results were increased risks for breast cancer, heart disease, stroke and pulmonary embolism.

The absolute harm is very small. For every 1,000 women on this treatment, there will be 0.7 more coronary heart disease events, 0.8 more breast cancers, 0.8 more strokes and 0.8 more embolisms.

There will be 0.6 fewer colon cancers and 0.5 fewer hip fractures.

Women **WITHOUT** uteruses who are on estrogen alone were **NOT** found to be at risk. The trial continues for these subjects.

Our View? Pleistocene grandmothers were certainly not distilling mare's urine to prevent hot flushes. Further, we have a presumption **against** monkeying around with our hormones.

Ultimately, this must be a decision for the woman to make. The risks of appropriate HRT are not great and against that are the unspoken benefits of wrinkling prevention and rejuvenated sexual desire and function.

Twisted by Knaves

Canola Calumnies – 3

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.

Bribing the FDA

"Canada paid the FDA the sum of \$50 million to have rape seed registered and recognized as safe."

Reply. Rubbish! Do you really believe that? If the FDA could be bribed for as little as \$50 million, then morphine would be an over-the-counter medicine!

No. GRAS (Generally Recognized as Safe) status was granted following the submission of a lengthy petition, which detailed years of painstaking research on the health effects of Canola oil in human diets.

END OF STORY!

Lubricating Oil

"Rapeseed is a lubricating oil used by small industry. It has never been meant for human consumption."

Reply: Yes, of course Canola oil, along with corn, soybean, flax and many other food oils can **ALSO** be used industrially to make lubricants, oils, fuel, soaps, paints, plastics, cosmetics, inks, etc.

In fact, any organic hydrocarbon (including ALL vegetable oils) can be processed and denatured to make industrial chemicals.

Proteins in milk can be used to make glue and wheat can be used to make ethanol, an ingredient in "gasohol."

But because you can do this to a food doesn't make it somehow poisonous or harmful. The food forms of all these products are safe. Canola oil is even safer since it has the most healthy fatty acid profile of any commonly used oil.

Hints & Tips

Every Day's a Party

In living memory, eating rich food, eating copiously and eating all the time was just a dream. It could only happen on rare occasions – "Feast Days". But this austerity kept us healthy!

Learn the lesson. You can get your just desserts... But keep ghastly high-fat dishes like cheesecake and ice cream to the rare occasion.

Cancer Briefing

Prostate Cancer – part 1

Doctors who consumed 6 glasses a week of skimmed milk were 32 % MORE likely to have prostate cancer than those who consumed LESS than 2 glasses of milk per week. These are the

surprising results of the Physician's Health Study⁴ carried out on over 20,000 doctors who were followed for 11 years. Note that the milk was skimmed, so this result is nothing to do with the known carcinogenic effects of milk fat (cream). No, the increase in prostate cancer risk was linked to the increased CALCIUM intake!

The authors conclude that "These findings serve to interject a note of caution into the current enthusiastic promotion of a higher intake of calcium in the United States."

Earlier research from The Health Professionals Follow-up Study found that men who consumed high amounts of dairy products had a 70 percent increase of prostate cancer. Those who took calcium SUPPLEMENTS had a threefold increase.

This is not the only hidden danger in milk consumption. Even more insidious is the use of HORMONES to increase milk production. In addition to all the other insults done to mother cows in order to produce milk, in the USA cows are injected with 'bovine somatotrophine' (rBST). This is a compound that increases milk production but also increases Insulin-like Growth Factor-1 (IGF-1) levels in human blood. This in turn increases prostate (and breast) cancer growth⁵. The European Union is currently doing battle with the USA to keep hormone treated milk out of the EU, where the use of rBST is banned. In fact high IGF-1 levels from whatever source drive up cancers of many kinds⁶.

Many studies have shown that dietary saturated fat⁷, especially from red meat (cattle, pig, sheep) are strongly linked to

prostate cancer growth, particularly in advanced stages. Other sources of saturated fat come from tropical oils like palm oil (chiefly palmitic acid) and coconut oil (chiefly lauric acid). NOTE: all coconut products contain some coconut oil, which is why we don't encourage their use. In some parts of the tropics, like Thailand and Indonesia, coconut and coconut milk are commonly used in cooking. Coconut milk has 25% of the concentration of saturated fat compared to coconut oil, and its use should only be an occasional exception.

Asian men⁸ who consume very little red meat, and vegetarian Seventh Day Adventists⁹ are 35% less likely to get prostate cancer. The Oxford Study on 696 British men found that vegans (no meat or dairy products) were nine percent less likely to get prostate cancer than meat eaters (defined as those who eat 'meat' on most days of the week).

So the major prostate cancer promoters are dairy products, red meat and saturated fat; no surprises there. What are the prostate cancer **fighters**?

Part 2 Continued next month

Processed Food

Chinese Chicken Horror

A food-processing plant in China has been closed down by health officials who discovered workers de-boning chicken feet with their... **TEETH!**

Apparently it's extremely efficient - a fast worker can 'process' over 100kg of chicken feet per day using this method.

Oh - that's all right then!

News Short

Trans-Fat Labeling

The FDA will rule soon that food labels must declare the **TRANS-FAT** content. The Institute of Medicine concludes that there is **NO SAFE LEVEL** of trans-fat in the diet. People must reduce its consumption as much as possible.

Trans-fat occurs in margarine, cooking fat, dairy products, pastries and convenience foods.

Our View? This is another good battle won on behalf of consumers in the teeth of opposition from food manufacturers. They **DELIBERATELY** make trans-fat from perfectly good oils by **HYDROGENATING** them. Reason? They want extended shelf-life and the oil to be solid.

Of course, the Natural Eater will not be exposed to any of those risky, trans-fatty foods anyway.

From Page 1

Emotional Memories

Survival depended on accurately discerning mood in rivals. In today's society, women whilst still highly tuned to mood, find themselves, unnaturally, harnessed in close proximity to oblivious men. Female mood-detection skills are frustrated into dysfunction in Western society.

Lead author Canli says, "The study suggests a biological basis for why clinical depression is much more common in women than in men. A risk factor for depression is rumination, or dwelling on a memory and reviewing it time after time."

Racial Differences

Darwin interested himself in how pigeon fanciers had bred a wide range of birds, from the 'tumbler' to the 'pouter' from just one species, the rock-pigeon.

A similar process has occurred with the human species in the 50,000 years since they left Africa. Divergences occurred, sometimes of no particular consequence, and so they stayed in the gene pool.

With regard to the 'Mongolian eye-fold' as exemplified by the Japanese double eyelid, it has been speculated that it was useful in withstanding the wind, freezing cold and glare of the Mongolian Steppes. Perhaps it was, but maybe it just arose by chance and there was no pressure by natural selection to eliminate it.

A similar case can be made for the white skin of Europeans. Our African ancestors were almost certainly coffee colored. But even today, albinos occasionally arise in African populations. In the tropics this can be catastrophic, but in Europe it just doesn't matter, so genes for white skin are able to spread throughout the population.

So the short answer is this: 2,000 generations give plenty of time for superficial differences to come about, particularly given that, suddenly, human genes were given the enormous freedom to evolve in a wide range of interesting geographical locations. But we are still the same species - and the external differences don't necessarily have a 'purpose'.

Nutritionally, our bodies are all the same!

RESOURCES	qty	US\$	Amount
The Book: The 'Bible' to Natural Eating. ISBN: 0-9712852-4-1		19.95	
The Book: German language edition. hardback, full color. ISBN 3-89530-064-0		25.00	
The Introductory Guide: the easy-to-read essence of Natural Eating. ISBN 0-9712852-2-5.		7.95	
Healthy Cooking with the Bond Girl Over 80 tasty conforming recipes. ISBN 0-9712852-3-3		14.95	
The Toolbox/Manual: The indispensable guide for the serious practitioner. ISBN 0-9712852-1-7		19.95	
Web Membership: access to the member's area for <u>ONE YEAR</u> . Download the latest newsletters; have your questions answered (S&H not required)		18.00	
The Newsletter: 12 monthly issues: Mail (S&H included)		59.00	
Web Download: (See 'membership')		18.00	
SYSTEM BUNDLE (Printed Newsletter): A VALUE OF \$121.80!			
Book, Guide, Healthy Cooking with Bond Girl, Manual, One-Year Mail Newsletter.		99.95	
SYSTEM BUNDLE (e-newsletter): A VALUE OF \$80.80!			
Book, Guide, Healthy Cooking with Bond Girl, Manual, One-Year Web Membership		69.95	
		Sub-Total	
ADD: Shipping (Media Mail) and Handling Rates from this Schedule:			
Sub-total value: \$00.00 to \$19.00		S&H	2.95
\$19.01 to \$39.00		S&H	3.95
\$39.01 to \$59.00		S&H	4.95
\$59.01 to \$89.00		S&H	5.95
(Ask about special rates for special delivery, bulk orders and priority rate.)			
		Total	

Name: _____ Shipping Address (if different) _____
 Address: _____

 City/State/Zip _____ City/State/Zip _____
 Phone: _____ Your e-mail: _____

Charge My Visa/MasterCard/JCB Expiry Date (mm/yy) - -
 Card Number - - -

Signed:Date

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

Keywords: Emotional memory, Lewinsky, Quaker Harvest Crunch, Racial differences, Tuscany, Vinaigrette, Palm Oil, Hot Omega-3, Lymphatic Cancer, Sulfur, Budwig, MacDonald, sugar instinct, microwave, radiation, caffeine, HRT, Canola, FDA bribe, lubricant, party, prostate cancer, Chinese chicken, trans-fat.

ENDNOTES

- ¹ Canli et al; Proc. Nat. Acad. Sci.; July 23 2002
- ² Cancer Epidemiol. Biomarkers Prev. 1995 Dec;4(8) 895-99
- ³ Fletcher; JAMA; 2002 Jul 17;vol288 No 3
- ⁴ Am. J Clin Nutr. 2001 Oct: 74(4);549-54

- ⁵ European Union; Report on Health Aspects of The Use of Bovine Somatotrophine; 15-16 March 1999.
- ⁶ Cell Tissue Res. 1998 Mar; 291(3):469-79
- ⁷ J Natl. Cancer Inst 1993 Oct 6;85(19):1571-9
- ⁸ Eur. Urol. 1999; 35(5-6):377-87
- ⁹ Am J Clin Nutr 1999;70(Suppl.):532S-8S.