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What They Say: Dr Stec. **Counter-Intuitive:** Allergies. **Obesity Update:** Children's Time Bomb. **Modern Myths:** "8 glasses a day". **Recipe:** Onion Sauce. **Q&A:** Cling Film, Polystyrene, All Bran, Cider, Sports Drinks, Milk - Substitutes, Flax Bioavailability, Nuts and Omega-6, Breast Milk Fallacy, Oxidized Oil, Lactaid/Milk/Substitutes, Nut Protein. **Twisted by Knaves:** Canola/Mad Cow Defamation. **Hints:** "That's all there is". **Cancer Briefing:** Prostate III. **Viewpoint:** Expertise. **Exotic Foods:** Bison. **Stop Press:** Russian Edition

What they Say

Dr Stec

I was most impressed with the quality of the research Geoff has done. Also, he has taken very complex and confusing information and organized it into a very readable and understandable book. I would like to invite Geoff to be a guest on our TV show, Dr. Talk.

Counter-Intuitive

Allergies: Are we Too Clean for Our Own Good?

Children exposed to pets within the first year of life are much **LESS** likely to develop allergies, according to a new federal study¹ that challenges what many doctors have believed about allergies.

Exposure to at least two dogs or cats early in life may reduce by 50 percent or more a child's risk of developing allergies in general in later childhood.

Comment: We distance ourselves from natural roots in so many unsuspected – and harmful – ways!

Obesity Update

Children's Time Bomb



"Obesity Soars"

Even the grim reaper is obese in this cartoon – but it is a serious question.

"Parents could outlive their children!"

So says Andrew Prenc, professor of nutrition at the London School of Hygiene and Tropical Medicine.

Britain's couch-potato children are living such unhealthy lives that they will be predeceasing their parents. In Britain, 10% of five year olds are obese. "Such children have a greatly reduced quality of life and a lifespan shortened by 9 years and **MUCH MORE** in the severely obese.

"At that rate parents could start to outlive their children."

Modern Myths

"Drink At Least 8 Glasses Of Water A Day" -- Really?

We have always been puzzled by the modern mantra to drink all that water. In our Natural Eating precepts we point out that our Pleistocene ancestors could achieve water balance without drinking any water at all. Not surprising really; not much fun competing with lions, crocodiles and hyenas for a sip from a muddy, excrement-infested waterhole.

On the contrary, a high plant-food diet should provide all the liquid you need.

Now Heinz Valtin, MD. says² that the universal advice, which has made swigging water a national pastime, lacks scientific proof and is more urban myth than medical insight.

Valtin, a kidney specialist and author of renowned textbooks on the kidney and water balance, reports no supporting evidence for "8 x 8" (an 8oz glass 8 times). He finds it, "difficult to believe that evolution left us with a chronic water deficit that needs to be compensated by forcing a high fluid intake."

Continued Page 5

Recipe

This healthy, tasty sauce can be served with any sautéed fish. It is also delicious as an accompaniment to spice up stir-fried vegetables

Onion Curry Sauce



Ingredients:

- ?? 5 oz (145 g) brown onion, thinly sliced
- ?? 1 ½ cups (12 fl. oz, approx. 750 ml) vegetable broth, canned or homemade
- ?? 1 tablesp. (15 ml) olive oil
- ?? 1 teasp. curry powder

Method:

Heat the oil in a non-stick saucepan and sauté the onion briefly on medium-high heat. Mix in the curry.

When the onion start to stick, add some vegetable broth and cook covered, on low heat until they are soft, adding more of the vegetable broth if needed. Add the remaining vegetable broth.

Comment: Sauces don't have to be diet-busters! This is a delicious, safe, Natural Eating-conforming sauce to give added depth and flavor to most vegetable and fish dishes.

Questions

Cling Film Polystyrene Containers

Q. *I have heard that it is not safe to use cling film in the microwave. Is this true?*

A. Cling film will say on the box whether it might be used in the microwave oven. This was after it was discovered that most plastics leak minute quantities of estrogen-like compounds into the food that contains them.

The cling film manufacturers have addressed the issue and developed microwave-safe versions.

The problem remains however with a whole range of other plastic containers. Drinking water in plastic bottles is vulnerable and so is fast food packaged in polystyrene. The latter is also implicated in release of dioxin, which is carcinogenic and highly toxic to the cells of our bodies.

Instead of polystyrene, get into the habit of using glass, Corning Ware, or ceramic receptacles for heating food.

All Bran Retraction

Q. *I know we should eat little or no cereals, but you suggest All Bran for an occasional dietary diversion. But it has a fair amount of added sugar. Wouldn't Shredded Wheat or Grape Nuts, which don't have added sugars, be a better cereal alternative?*

A. We don't talk about All Bran any more. It was originally reluctantly accepted because its glycemic index, in spite of the added sugars, is a lot lower than just about any other cereal product.

However, it is still a grain product with all the other disadvantages. Its fiber is of the gut-aggressive, insoluble sort and it has the usual antinutrients. Worse, the temptation is to consume it with milk.

So, just because of the confusion that this recommendation causes, today we avoid mentioning All Bran at all.

Cider

Q. *I drink dry cider whose label says there is 1.8g carbohydrate per 100 ml. Is that comparable with dry wine?*

A. Dry cider, like the one you mention, has a sugar content (1.8%) less than half that for beer (4%). Moreover, the type of sugar, fructose, is not at all glycemic, unlike beer whose sugar, maltose, is the most glycemic substance known.

Dry wines, particularly white, are even lower (0.8%) but dry red wines (1.5%) are similar. The critical criterion is the glycemic index. Cider is a lot better than beer and in the same bracket as dry wines.

Sports Drinks

Q. *What about sports drinks, are they useful beverages for normal drinking?*

A. NO! Almost without exception they are loaded with sugars (that's the whole idea – the mirage of "instant energy").

For example Gatorade has a sky-high glycemic index of 78.

AVOID

Milk Substitutes

Q. *If I do eat some cereal, would rice milk, soymilk or another milk be the better addition? (I'm thinking about the problem of mixing carbohydrates and protein.)*

A. The purist would not dream of eating cereals and so would not be faced with the dilemma as to what liquid to put on them.

However, if you must indulge, rice milk and soymilk are much better alternatives than mammary-gland milk of any kind. Do watch out for the added sugars!

These substitute milks are mostly water and the tiny

amount of protein in soymilk is of no consequence at all.

Bioavailability of Flax Oil

Q. *What do you think of Dr Mercola's views where he says a) omega-3's benefit is largely restricted to fish oil because many people's bodies cannot transform flax seed oil and, b) that we should avoid nuts because their omega-6 content unbalances the fatty acid ratio?*

A. Dr Mercola makes the useful point that a few people's bodies are less good at transforming alpha-linolenic acid into longer chain fatty acids like DHA and EPA^a. This can be overcome by consuming DHA and EPA directly in the form of fish oils. This gives a short cut to the production of 'good' eicosanoids. (See hormone cascade, p70, NE book)

However Dr Mercola over-eggs his case, presumably because he has a branded fish-oil capsule to promote!

Take courage, omega-3 oil from plants is the naturally adapted prime source, and only some of the elderly need concern themselves about this question.

Nuts and Omega-6

b) As for the omega-6 in almonds, yes, it is true that most nuts, with the exception of walnuts, are heavily biased in the direction of omega-6. But these small quantities are part of the rich pattern of Nature – and nuts with all their wonderful micronutrients are an essential part of that pattern. So don't throw the baby out with the bathwater!

The real danger lies in the huge quantities of gratuitous,

^a DHA: docosahexaenoic acid
EPA: Eicosapentaenoic acid

empty omega-6 consumed by most Americans as deep-frying oil and salad oil.

Breast Milk Fallacy

Q. *Dr Enig claims that a) we need saturated fats (and even recommends coconut oil) on the grounds that breast milk contains these fats. b) polyunsaturated oils oxidize easily and so we should avoid them.*

A. Dr Mary Enig has some odd ideas about the practical role of fatty acids in the diet. She is capable of drawing irrational conclusions from reasonable data.

a) This is the hoary old breast milk fallacy: "because it is good for babies it must be good for adults."

As we tirelessly point out, babies have different needs and a different biochemistry. Once we are weaned we don't need baby milk; in fact it becomes positively harmful!

Can the body use saturated fats? Yes it can, but it doesn't **NEED** them, and even Canola oil contains enough to exercise the body's biochemistry.

Oxidized Oils

b) Dr Enig notes (correctly) that polyunsaturated oils are easily oxidized and in this form have deleterious effects on the body. The ridiculous conclusion she draws is that therefore we should avoid polyunsaturated oils and concentrate on saturated fats because they resist oxidation better. **Topsy-turvy logic!**

Our bodies **NEED** polyunsaturated fats **BUT** we need to consume them in ways that avoid oxidation! - just like we talk about in Natural Eating -- and which, of course, replicates

the manner in which they were consumed in Pleistocene times.

So, on the rare occasions where you heat oil to high temperatures for extended periods, use olive oil instead.

Lactaid vs. Regular Milk

Q. *a) If one were to have a little cow's milk, wouldn't Lactaid (low fat of course) be an acceptable one?*

b) Which would be more acceptable: low fat Lactaid or soymilk?(It has added sugars; I can't stand the sugarless version)

A. a) Why bother trying to make a silk purse out of a sow's ear.? There are still a lot of nasty things left in cow's milk (such as casein) even after the fat and lactose are taken out. Milk is a hopelessly bad product for the human body and no amount of monkeying around with it will redeem it.

Lactaid vs. Substitutes

b) You really must avoid putting yourself in situations where milk or its substitutes are indicated! But if you must, use sugar-free soymilk and sweeten it with Equal (yes – that's how serious it is!)

Nuts as Protein Food

Q. *Since nuts are so high in fat and are sources of oil and have relatively little protein, why are they considered "a protein"?*

A. WRONG! Nuts contain 15% to 25% protein, depending on the variety. This is exactly the range for 'protein rich' foods like beef (t-bone steak, 19%) and pork (loin chop, 18%). Nuts are richer in protein than hotdog sausage (12%), eggs (13%) and hamburger (14%).

Nuts are rich in oil, yes. But from a food-combining point of

view, oil is neutral, so it is the protein that dominates. Moreover, contrary to meat, nut fats are mostly healthy mono- and polyunsaturated oils.

Even so, beyond a certain point they are just empty calories, so we recommend restricting nut consumption. This is just as it would have been on the African savannahs where to find, pick and husk just one nut demanded a lot of work!

Always observe the rules with nuts: only consume them raw and unsalted.

Twisted by Knaves

Canola Calumnies – 4

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.

The Defamer: “Now comes information that Canola Oil is the suspected causative agent for scrapie, a viral disease transmitted to cattle who were fed rendered sheep infected with scrapie. Both scrapie and mad cow disease destroy the brain's ability to function.”

Response: It is difficult to restrain one's contempt for such drivel. It is a blatant attempt to smear a good name by deceptive and false association with justified public health scandals like mad cow disease.

The Defamer's unsupported assertion contains its own refutation. The “causative agents” of ‘viral’ diseases are **VIRUSES** – not innocent vegetable oil!

Hints & Tips

“That's All There is!”

This should be the refrain of all parents at mealtimes and between meals. Only give the children the same food, (Natural Eating conforming) as YOU are going to eat. **NEVER** let children decide for themselves.

In a sample of 428 children aged four and five, British parents are among the worst in Europe at encouraging their children to eat healthily³. They allow them to gorge on fizzy drinks and fatty foods when they should be eating proper meals.

British children were mostly allowed to decide what they eat, and family meals are centered on their preferences.

What a topsy-turvy world, where children “decide the family eating preferences”!

In France, by contrast, the children are given food similar to that being eaten by adults - and **NOT OFFERED ANY ALTERNATIVES.**

Cancer Briefing

Prostate Cancer – part 3 Strategies

Harmful Habits

- High red meat diet
- High fat diet
- High saturated fat diet
- Dairy consumption
- High calorie diet
- High carbohydrate diet
- Calcium supplementation
- Hormone treated milk

Worthless or even Harmful Habits:

- Dietary Supplements. The operations of cancer and the immune system are far too complex to submit to

simplistic supplementation. It can even do harm by upsetting our biochemistry in unsuspected ways. (Sorcerer's Apprentice Syndrome). Worse, one is tempted to imagine that, by taking the pills, it is unnecessary to undertake the real and important steps that are essential to cancer prevention and cure.

Helpful Habits

- Low Glycemic Plant Food: Dramatically increase consumption of all types of low glycemic fruits, salads and vegetables (see the lists of good, low glycemic index foods in the book, Appendix 1 and, more completely, in the Toolbox/Manual).
- High Lignan Foods: Increase consumption of all plant food but particularly broccoli, asparagus and raw carrots. If you like, fresh-ground flaxseed is great too.
- Low Calorie Diet: Decrease the amount of calories you are absorbing, particularly by reducing consumption of fats and oils. Just keep up a minimum of essential fatty acids. (The minimum of essential fatty acids is measured in milligrams and is obtained quite naturally just by eating in conformity with the Natural Eating pattern.)
- Oily Fish: Eat one serving (about 4 oz) per day. (e.g. salmon, sardine, trout, mackerel, tuna, herring etc...)
- Omega-3 oils: use Canola, hemp, flax or walnut for all salad dressings and other low temperature uses.
- Calcium Supplementation: Don't!
- Particularly avoid hormone treated milk (you shouldn't be consuming milk in any guise anyway).

*
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!

Viewpoint

The Importance of Expertise

There is a fashionable view that there should be more public debate over health risks and that scientists are too arrogant. But the public does not have some special quality of intuition.

If we were to trust public opinion, Jenner's smallpox vaccine would have been banned (alarmists thought calves would grow out of people's arms!).

A large section of the public believes in astrology, aliens and crop circles. There is a huge market for homeopathy and supplements, despite an absence of evidence for the virtues of either.

Scientists, like all experts, make mistakes.

But the alternative to relying on evidence?
It is to rely on **IGNORANCE**.

Exotic Foods

Bison

The US bison industry is hoping to convince consumers, who are giving up red meat in their droves, that bison is a healthy package. With high protein, low fat and low calories, they've got a good chance of finding converts.

Comment: Yes, bison is a Natural Eating conforming meat.

But only as long as they are allowed to feed in their free-range pattern! Let's hope that the cattlemen don't take over, intensify bison raising and thereby debauch the value of bison meat.

From Page 1

Modern Myths

The 8 x 8 rule is slavishly followed. Everywhere, people carry bottles of water, constantly sipping from them; it is acceptable to drink water anywhere, anytime. A pamphlet distributed at one southern California university even counsels its students to "carry a water bottle with you. Drink often while sitting in class..."

How did the obsession start? Is there any scientific evidence that supports the recommendation? Does the habit promote good health? Might it be harmful?

Valtin thinks the notion may have started when the Food and Nutrition Board recommended "1 milliliter of water for each calorie of food," (64 fl oz per day) **BUT** with the overlooked kicker: "most of this water is **CONTAINED IN FOOD!**"

He found no scientific studies in support of 8 x 8. Rather, studies strongly suggest that such large amounts are **NOT** needed. Furthermore caffeinated drinks, like tea, coffee and infusions can be counted toward the daily total. Many experiments demonstrate how well the human body can maintain proper water balance.

On the other hand, in exceptional conditions such as kidney stones, strenuous physical activity, long airplane flights or hot weather, a good fluid intake is needed.

Even so, "water intoxication" can occur if one's kidneys are overloaded. It leads to mental confusion and even death in athletes, Ecstasy-crazed teenagers and ordinary patients.

It is often stated that by the time people are thirsty, they are already dehydrated. On the contrary, thirst begins when the concentration of blood has risen by less than two percent, whereas dehydration begins when that concentration has risen by at least five percent.

The warning that dark urine reflects dehydration is alarmist and false in most instances. Valtin argues that the burden of proof that everyone needs 8 x 8 should fall on those who persist in advocating the high fluid intake without, apparently, citing any scientific support.

Our view? Perrier, in a remarkable, 1980's marketing coup, persuaded people to **PAY** for bottled drinking water instead of getting it out of a tap for free!

The bottled water industry has happily kept the "8 x 8" misunderstanding going – to the greater health of their balance sheets.

STOP PRESS!

????? ?????

Russian Edition

Contracts have been signed, advances paid and the translation work is well under way for the Russian Edition of Natural Eating, to be published by Airis Press of Moscow

The Russians will be among the first to read a revised, updated and much-expanded edition of our flagship book.

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	
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¹ Ownby, JAMA; Aug 28, 2002
² American Journal of Physiology, August 8, 2002
³ Research at University College London