

NATURAL EATING NATURAL EATING NATURAL EATING



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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.

TV Report: Dr Stec. **Breaking News:** New Bond Book. **Buyer Beware:** Siren Songs. **Talk Report:** Heart Institute. **Recipe:** Orange Cake. **Q&A:** Vegetarian Humans?; Stevia Update; Tea Essence for the Heart; Preservatives and Heart Health. **Food/Disease:** Cooking Inflames Arteries; Silicon/ Bone Health. **Fast Food:** McDonald's Organic Milk. **Breast Cancer Briefing:** The Bottom Line. **Kiddy Corner:** Painless Colicky Babies. **News Flashes:** Seminal Vesicle Diet Clue; Wine/Beer/Dementia; Jogging/Dementia; Young/Old Obesity cuts lifespan. **Tailpiece:** Inactive Youth.

TV Interview Report

“Healthy Living” TV Show

In a surprise move, Geoff Bond's interview with **Dr. Rita Stec** was brought forward to February 23. We contacted as many people as possible and announced the change on our website.

Out of one hour's filming, the producers chose to feature one of the most controversial clips: Geoff's refreshing and forthright debunking of the milk and dairy myth. Dr Stec would like to know how viewers liked this format. Please e-mail her at:

ritajstecmd@attglobal.net

Viewer **Evan Burnett** wrote: "...It is rare these days, when someone can speak their minds, based on well thought out research and make it palatable to an audience... My husband and I hope that you will continue these wonderful interviews and that you will bring Mr. Bond back to speak on other areas of his expertise..."

Breaking News

**Square One to Publish
Geoff Bond's next Book**

We are pleased to announce that the contract has just been signed to publish the next book by Geoff Bond. It will be focused on the popular market and should be on the bookstands early in 2004. More next month.

Buyer Beware

Shipwreck by Siren Song



"Maybe NOW you'll stop taking your medication advice from TV commercials, Marilyn..."

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Talk Report

Y “Affair of the Heart”Y

Geoff Bond gave a stirring talk to a packed audience at the Valentine's open day held by the International Heart Institute in Palm Springs.

That the talk took place at all was thanks to medical director **Dr. Steven Gundry's** courageous and public-spirited stand. He had to go out on a limb and persuade the organizers to let in Geoff as a counter-orthodox outsider.

Remarkably, **Dr. Henry Bellaci**, the cardiologist billed to follow Geoff's talk, asked Geoff to stay on and share the platform with him. Dr Bellaci made this most generous offer so that Geoff's themes could be woven into his own contribution.

This impromptu double presentation was extremely successful. There were many plaudits at the time and enthusiastic approvals arrived for days afterwards.

Recipes

Orange Cake

serves 8

YYYYY

No Butter! No Sugar! No Flour!

Ingredients:

- 2 oranges, preferably organic
- 4 eggs, high omega-3, free range
- 5 oz (145 g almond powder)
- 4 TB fructose
- 2 TB (60 ml) olive oil
- 3 teasp. ground cinnamon

Method:

Grate the orange skin and set aside the gratings. Squeeze the oranges to obtain ½ cup of juice with its pulp.

Meanwhile beat the eggs with the fructose. Mix in the olive oil.

Fold in the almond powder.

Add the cinnamon and orange gratings. Mix in the orange juice with its pulp. Fill an oiled loaf mold with the mixture.

Bake in a hot oven (350°F – 180°C) for approx. 30-35 minutes. Allow the cake to cool down. De-mold the cake or serve in the loaf mold.

Comment:

This makes a delicious, conforming cake that can be eaten at any time of day. For example, for a quick continental breakfast or at afternoon tea. This is a dense dish that is rich in protein, so ration yourself to no more than two slices at a time!

Questions

Vegetarian Human Ape

Q. *Scientists recently suggested that it was only when apes started to eat meat that their brains grew and developed the intelligence that led to the human race. Is this a blow against vegetarianism?*

A. What these scientists were suggesting is this: brains are mostly made of various fats and, so it seemed to them, the only way that pre-humans could have got those fats was by eating the fatty part of wild animals – their brains. But this is putting the cart before the horse. It is suggesting that, by eating a lot of brain, our brains would somehow take the hint, and become bigger.

Secondly, it assumes that bigger is brainier. But brain size isn't everything; big meat eating species like the Neanderthals had larger brains than their human rivals, although they were clearly outsmarted by our human ancestors.

Thirdly, it is a fallacy to suggest that vegetarians cannot build big brains. The elephant has a larger brain than humans. And of course, vegetarian humans successfully raise brainy kids and often healthier ones too.

The secret to human intelligence is an interplay of at least two important factors: a good brain volume certainly, but also *the way it is wired*. Human brains have a particular arrangement of components and computing power that makes our intelligence so special. And that wiring came about through the evolutionary pressure to solve particular kinds of complex data-processing problems.

The consumption of animal matter is not a precondition to intelligence. But there are other reasons, explored in the book, for supposing that it was a precondition for the development of higher activity levels in humans compared to other apes.

Stevia Sweetener Update

Q. *What about stevia? It is a natural plant extract and surely better as an intense sweetener than artificial ones like aspartame.*

A. Stevia sweetener is derived from the leaves of the Peruvian stevia shrub. It is 300 times sweeter than table sugar. It does not raise glucose or insulin levels and it has zero calories.

The sweet stevia compounds (diterpene glycosides) have been the subject of a number of studies. So is it safe? The US FDA has not yet approved Stevia as a sugar substitute in processed food although it can be sold over the counter as a dietary supplement.

The FDA argues that it has not been petitioned to approve stevia in processed food. Many hold the suspicion that this is due to the virulent opposition of aspartame manufacturers. Whether this is true or not, the Natural Eater should not be eating processed foods anyway.

The FDA points out that stevia megadoses on rats decreased sperm counts and increased cancers, depression, anxiety, and hyperactivity. Our view? It is highly unlikely that megadose-induced diseases in rats translate into minidose-induced sickness in humans. For example, Japanese manufacturers have used stevia in

processed food for over 30 years without noticeable ill effect.

If you use stevia sparingly, it is surely no greater a threat to health than other sweeteners. One thing for sure, stevia is far better than sugar. However, be wary of some of the stevia preparations: they are often powders 'extended' with lactose or sugar – which defeats the object. We prefer the pure extract in the form of drops.

Tea Essence for the Heart

Q. *In the context of heart health, is it good to take green tea extract?*

A. Green and black tea both have positive benefits for heart health. It is assumed that the flavonoid compounds, naturally present in tea, are providing antioxidant activity. They are also beneficial in cancer protection.

But why bother with the trouble and expense of green tea essence? Just drink tea (green or black) in the usual way.

Preservatives/Heart Health

Q. *In the context of heart health, how damaging are preservatives?*

A. The chief one to worry about is salt. Salt consumption is associated with high blood pressure and artery scarring (and number of other diseases too).

Salt is used for pickling olives, cucumbers and various other relishes. However, mostly people are getting too much salt just because they like the *taste*. Processed foods are loaded with it; what that doesn't do, people make up with the saltcellar (shaker).

Nitrates and nitrites are common in cured meats like ham, bacon and pastrami. Sulfites and sulfur dioxide used in dried fruits and wine all have drawbacks. They are not great for human health and are best avoided. Vinegar is pretty harmless.

But in the grand scheme of things, preservatives are not a major contributor.

People get heart disease from the cheeseburger itself, not from the artificial "Allura Red # 40" chemical that colors it.

Food/Disease Links

Cooking Inflames Arteries

Overcooked food increases heart disease and immune disorders according to a recent study¹. Toxic 'A.G.E.'^a compounds are formed when sugar, proteins and fat are cooked for long periods of time.

AGE's attack virtually every part of the body and prompt an angry reaction from the immune system. It is like a low-grade infection and the aggravated immune cells damage the small and mid-sized arteries.

The key to cooking (if you must) is to keep it *short* and *humid*. That means blanching or steaming. Sautéed meat should be thin and cooked very quickly.

One of the worst AGE offenders is turkey cooked the American way for many hours. Caramelized products (found in colas) and roasted beans (e.g. coffee and cocoa) are also loaded with AGE's.

What does this mean for the Natural Eater? Let's be clear. Our Pleistocene heritage tells us

that all plant food was eaten *raw*. Some animal matter was lightly cooked. Today, let's get things in proportion: a large percentage of the Natural Eater's diet (fruits and salads) is already *raw*. This is already light years away from the appalling dietary habits of the subjects in the study.

Secondly, we have always advocated cooking *lightly* and using blanching, sautéing and steaming (microwave is OK – see Breast Cancer). So the occasional American coffee, 1oz ration of dark chocolate or a cocoa drink is fine.

Silicon/Bone Health Link

Silicon is a trace mineral that is an important component for good bone health². It stimulates collagen, the living material that gives bones their strength and flexibility. Silicon is readily available from plant food, (notably green beans and bananas). Just eat like we say and you will get all the silicon you need.

Fast Food Updates

McDonald's Organic Milk

Burger giant McDonald's is hoping to win over health-conscious and environmentally aware customers by selling semi-skimmed organic milk in its UK restaurants.

From February, the company will only sell organic milk, in 250ml bottles carrying the certification logo of the Soil Association. The group expects to have sold more than 5.6 million bottles by the end of 2003, and could also extend its organic offering to include desserts.

Our View? McDonald's is on the run – but where to? Organic milk is just as bad as the regular stuff – that won't save them from future lawsuits.

^a Advanced Glycation End-product

Cancer Briefing

Breast Cancer – Fifth and Final Part *The Bottom Line*

Breast Cancer Strategies

DANGEROUS HABITS

- o HIGH glycemic diet
- o Diet HIGH in fat
- o Diet HIGH saturated fat
- o Diet HIGH in calories
- o Consumption of SOY products
- o Diet LOW in fruit, salads and vegetables
- o Diet LOW in omega-3 oils.
- o Diet HIGH in meat, especially red meat
- o Being OVERWEIGHT and OBESE
- o HIGH alcohol consumption.
- o Regular consumption of WELL-COOKED MEAT: (charred or cooked at high temperatures.)

GOOD HABITS

- o Diet HIGH in fruit, salads and vegetables. (i.e. rich in micro-nutrients, lignans, carotenoids, tocotrienols, folate, lycopene, allocines, vitamin C, E, B6^b, B12 etc.)
- o Diet RICH in onions and garlic
- o Diet HIGH in soluble fiber (as obtained from the high plant food diet)
- o Diet LOW in meat and animal proteins
- o Diet LOW in sugars, grains and cereals
- o Diet RICH in fish and omega-3 oils
- o Diet RICH in lignans
- o Be LEAN: Maintain a Body Mass Index (B.M.I) of no more than 23. (i.e. be skinny!)
- o GET EXPOSURE to reasonable amounts of non-burning SUNLIGHT.

^b Vitamin of the B complex, also known as pyridoxine and is widely distributed in foodstuffs. It is rare to have a deficiency.

- o EXERCISE as much as possible. (Book ch. 11.)
- o Eat plant food RAW as much as possible. If cooked, use fresh or frozen foods. Cook lightly by blanching, sautéing and microwaving (The much-calmnied microwave is actually one of the least bad ways of cooking³.)

Kiddy Corner

Colicky Babies not in Pain

A new theory suggests that all that purple-faced, fist-clenched crying does not represent discomfort at all. It is borne out of a “squeaky hinge gets the oil” motive. Back in the 1970’s de Vries’ research on the Masai in Africa showed that ‘difficult’ babies survived a famine better than placid infants.

In a recent study⁴, Dr Ronald Barr found that babies in the throes of colic actually had similar heart rates and levels of the stress hormone, cortisol, as babies without colic.

Studies⁵ of really primal societies like the !Kung San (Kalahari desert bushmen) showed that colic existed but to a lesser degree. Barr puts it down to the women ‘wearing’ their babies all day, allowing maternal contact⁶ and nursing on demand.

Comment: Evolutionary psychologists have long proclaimed that the most dangerous things that can happen to a baby are to be abandoned, lost or forgotten. They panic and are programmed to create pandemonium if they lose body-contact with their mothers during the first few months of life. There are lessons for all young mothers here – we lose contact with our human heritage to our great disadvantage.

News Flashes

Wine/Beer/Dementia Links

Drinking a glass of wine once a week significantly drops the chance of developing dementia according to a Danish report⁷. Conversely, beer drinking increased the risk. “The data support the idea that anti-oxidation is important in preventing dementia.”

This is not an argument for drinking red wine medicinally! The same antioxidants can be got in the normal way from regular plant food consumption.

Jogging avoids Dementia

Regular exercise controls the expression of genes in an area of the brain important for healthy memory cells⁸. Other studies have shown that running increases growth factor in rats and their learning ability in mazes. All the evidence goes to show that good levels of exercise throughout life are necessary for brain health.

Young Obesity cuts Life

Being obese at 20 can cut up to 20 years off a person’s life according to a Dr Allison’s study⁹. A person who is 5’-4” and weighs 260 lbs qualifies and millions of young Americans are that fat says Allison.

Mid-Years Obesity cuts Life

Nonsmokers who were classified as overweight, but not obese, lost an average of three years off their lives. Obese people died even sooner. Obese female nonsmokers lost an average 7.1 years¹⁰, while men lost 5.8 years¹⁰.

For smokers, the results were even worse. Obese female smokers died 7.2 years sooner than normal-weight smokers, and 13.3 years sooner than normal-weight, non-smoking

women. Obese male smokers lived 6.7 years less than trim smokers, and 13.7 years less than normal-weight nonsmokers.

"This study is saying that if you are overweight by your mid-30s to mid-40s, even if you lose some weight later on, you still carry a higher risk of dying," said Dr. Serge Jabbour, "The message is that you have to work early on your weight. If you wait a long time, the damage may have been done."

Seminal Vesicle Diet Clue

Human males, along with a great many other mammals possess seminal vesicles. These are glands that contribute 60% of seminal fluid during ejaculation. On the other hand, species that primarily eat meat (carnivores) don't have seminal vesicles at all. D.S. Coffey in a recent paper¹¹ points out that the closest primate to humans is the bonobo (pigmy chimpanzee), which does not eat meat but exists primarily on a high fruit and fresh vegetable diet. Coffey speculates that humans only started eating meat in a big way in the last 10,000 years – just the last 5% of the time since humans evolved.

Comment: This is an interesting piece of circumstantial evidence that humans are basically designed for a high plant food diet. Quite why the seminal vesicle should have disappeared in true Carnivores is not clear.

Tailpiece

Deep Rooted Inactivity

"There is deep concern in high places over the fitness of American youth. Parents are being warned that their children – taken to school in buses, chauffeured to activities, freed from muscle-building chores and

entertained in front of TV sets – are getting soft and flabby."

The latest hand-wringing from the Surgeon General? Not at all – the date of that report was August 2, 1957! Did anything change? No – it got worse! In a recent paper¹², Dr Kimm reports that girls have become so sluggish in their teenage years that they barely move at all. By the time they are 17, 56% of black girls and 31% of white girls report no activity at all. Gloomily, Dr Kimm notes that such girls are condemned to a lifetime of obesity and disease.

From Page 1

Buyer Beware

Shipwrecked by Sirens

We are constantly bombarded by commercial messages, each with its own seductive song. They make us anxious, perplexed and finally desperate to open our purse and buy the product – however useless, inappropriate, even dangerous. This cartoon^c neatly sums up how confused we can get.

No one else can do it for you. You have to ignore the siren songs, learn the skills we teach to survive in the pharmaceutical jungle – and confidently get on with your life!

Upcoming Public Events

e-mail us: info@naturaleater.com
or call: +1 (760) 325 2835.

March

Saturday March 1st. 10:00 am
RADIO INTERVIEW
Station KGAM 1450 AM (Palm Springs area)
"Naturally Speaking"
with Ilona Kapasz.

^c (©Jim Bergman, Cincinnati Enquirer)

Thurs. March 6th 9:15 am

KEYNOTE TALK

"Fear not Cancer –
Revolutionary strategies for
avoidance and Recovery"
Mizell Senior Center
480 S. Sunrise Way, P.Springs
Entry: Open, Free
Info: 1-888-240-3493

Advance Notice

May

LONDON WORKSHOP

Sunday, May 25th 11:00 am

Geoff Bond will be giving a **FOUR-HOUR** workshop at the prestigious **Mind-Body-Spirit Festival**, London. It is entitled: "Our Bodies are Genetically Programmed for Health, Beauty & Fitness - rediscover these ancient secrets."

In this workshop you will learn how to work with your deep psychological and biological programming to claim back your health, beauty and fitness.

This is a great opportunity to get in-depth coaching in the Natural Eating precepts. Make a note!

Keywords: Dr Stec, Burnett, Square One, Gundry, Siren, Bellaci, Orange Cake, Vegetarian, Stevia, Green Tea, Preservatives, AGE, McDonald, Organic Milk, Breast Cancer, Colic, Silicon, Dementia, Obesity, Lethargy, Seminal Vesicle.

¹ Vlassara, Proc Nat Acad. Sci. Nov 12, 2002

² Jugdaohsingh, St Thomas Hosp. London. Jan 2003.

³ Cancer Epidemiol. Biomarkers Prev. 1995 Dec;4(8) 895-99

⁴ Child Dev. 2000 Jul-Aug; 71(4) 862 -77

⁵ Dev. Med. Child Neurol. 1991 Jul;33(7)

⁶ Pediatrics 1986 May;77(5):641

⁷ Truelsen, Neurology, Nov 2002

⁸ Cotman; Trends Neurosciences; June 2002

⁹ Allison, JAMA; Jan 8, 2003

¹⁰ Ann Int Med; Jan 7, 2003

¹¹ Urology 2001 Apr;57 (4 Suppl 1): 31-8

¹² N. Eng. J. Med. Sept 10, 2002