

NATURAL EATING NATURAL EATING NATURAL EATING



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**Monthly Private Subscription Newsletter - \$59.00 annually
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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.

Quote: Cancer/Diet malpractice. **Newsletter:** 5th anniversary. **Parents Beware:** Food Gimmicks. **Human Heritage:** Bushmen. **Recipe:** Endive/Shrimp Salad. **Q&A:** Cranberry; Almond Powder; Coconut Oil Again; Soymilk vs. Almond Milk. **Food/Disease:** Soy Formula/Peanut Allergy; Dairy/Parkinson. **Colon Cancer Briefing:** part 2. **Food Policy:** Glycemic Load; Prescription Shopping; Chicken Adulteration; Cow Mutant Cheese. **Population Policy:** USA too crowded? **Events**

Quote of the Month

Cancer/Diet Malpractice

“Every cancer therapy should include nutritional consultation. If we don’t, it is malpractice by omission.”

Dr. Jeffrey Bland

Newsletter Anniversary

Five Years

With this edition, we complete 5 whole years, 60 editions, of the Natural Eating Newsletter.

It is a remarkable testimony to our appeal that every single person who subscribed to that first edition is still a subscriber today. We thank you all for your support. We continue working to show people how to live healthier lives in our increasingly dysfunctional food environment.

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Parents Beware



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“Does orange juice come in any other colors?”

We laugh at this cartoon because it is at once ridiculous because it is at once ridiculous that orange juice should have any color other than its natural one -- yet we uneasily recognize that food manufacturers are concocting ever more frivolous food mutations -- and our kids are in their sights.

Don’t believe us? Check out our report in the February 2002 newsletter: Heinz Funky Fries that come in different colors (e.g. Kool Blue) and flavors (e.g. chocolate).

Our Human Heritage

Bushman Briefing

The San ‘Bushman’ are regarded as having a lifestyle still representative of that led by our Pleistocene ancestors. The San used to occupy a large part of southern Africa but over the past 600 years they have been pushed into a much smaller area, first by immigrating Bantu herders of West African Negro origin and then by European settlers.

The San now live in the most inhospitable parts of the Kalahari Desert. They do not have the appearance of a typical ‘African’. They are short, slender, fine-featured with a reddish-yellow skin; Laurens van der Post^a, ever the poet, describes the color as “Provençal apricot”.

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^a The Lost World of the Kalahari; Harcourt Brace & Co; 1998

Recipes

This is another delicious, practical recipe contributed by Conny Schober. Conny is a cookery writer and has been following the Natural Eating pattern for many years. Conny's cookbook, which we thoroughly recommend, is available from her at rolandcon@aol.com

Belgian Endive and Shrimp Salad

Serves 4
YYYYY

Ingredients:

- o 8 heads (bulbs) Belgian endives
- o 8 - 12 jumbo shrimp (cooked and peeled)
- o 1 bunch green onions

Vinaigrette:

- o 4 tbsp. balsamic vinegar
- o 4 tbsp. walnut oil
- o salt, pepper and cayenne pepper to taste

Method:

Rinse Belgian endives and green onions (scallions).

Chop the green onions thinly and cut the endives into ½ -inch pieces.

Combine the chopped onions, the endives and the shrimp and toss with just enough of the vinaigrette to lightly coat the ingredients.

Comment:

This salad is an original way of preparing that nutritious vegetable, Belgian endive and makes a good proportion with the shrimp, which can be fresh or frozen.

Questions

Cranberry

Q. What do you say about cranberries? They are promoted as being rich in antioxidants.

A. We have no objection as such to the fruit. The overwhelming difficulty with cranberry though, is its biting tartness. It is almost impossible to eat cranberries in the natural state. That is why they are always found in heavily sweetened products like cranberry jelly and cranberry syrup. This raises the glycemic index (and glycemic load) to unacceptable levels.

Some cooks have experimented with sugar substitutes and this would be an acceptable compromise. There are only indirect data on the glycemic index of the fruit itself. However, we know that it contains very little glucose (about 3g) and some fructose (2g). This sugar profile is well within the limits of favorable carbohydrates.

In their favor, cranberries are rich in micronutrients and antioxidants. For example, anthocyanins (compounds that give cranberries their red color) are powerful antioxidants. In addition, laboratory studies show that cranberry extract reduces oxidation of LDL-cholesterol (so-called "bad" cholesterol).

Cranberries have long been a folk remedy for urinary infection and now researchers from Rutgers University have shown that this is true. They have identified condensed tannins (proanthocyanidins) from the cranberry fruit, which prevent the primary bacterium responsible, E.coli, from attaching to cells in the urinary tract. The bacteria are flushed from the tract rather than being allowed to adhere, grow and lead to infection.

Almond Powder Source

Q. Your recipes sometimes call for almond powder. Where can I find it?

A. Almond powder is sometimes called 'ground almond'. Most supermarkets stock it in one form or another. They often class it as a baking accessory and is found, packed in cellophane bags, in the presentation case along with flaked almonds and the glacé cherries. One USA brand is called "It's Delish!" Their website is: www.itsdelish.com

There is also a very easy alternative: just take the raw almonds and grind them yourself to a coarse flour in a food processor or coffee grinder.

Coconut Oil Ambiguity

Q. I hear claims that coconut oil, is good for defeating infections. Should I be consuming it even though it is saturated?

A. It is true that studies show that coconut oil, which is rich in the uncommon saturated fat lauric acid, is antibacterial, antifungal and antiviral. HIV positive patients are particularly attracted to the idea of coconut oil as a miracle cure. It might be of some help, but that is yet to be proven. However, coconut oil does reduce inflammation and thereby help beat back inflammation-induced heart disease. It also helps with skin complaints when applied externally.

Curiously, there are no data to show what effect coconut oil has on the arteries, cholesterol levels, or blood pressure. Is lauric acid as bad as its siblings, myristic acid and palmitic acid? The jury is out and we keep a watching brief for further news.

Soy milk vs. Almond Milk

Q. *Your recipes occasionally use soy milk. Would not almond milk be better?*

A. Yes, it would! One difficulty is that all of the commercial almond milks that we have seen are hopelessly debased with sugars, gums and other substances. If anyone has seen a brand that is just almonds and water, we would like to hear about it (savvy eater@aol.com).

Some people make their own almond milk. One method is to blanch the raw almonds to remove the skins, soak them overnight and then pulp them, with the liquid, in a food processor. Add water to obtain the consistency desired. We would like to hear from any of our readers who have experience of making almond milk.

Food/Disease Links

Soy formula/Peanut Allergy

Lack and colleagues have just completed a study¹ on over 13,000 school children in UK. They find that those children who were fed soy-based formula milk as babies were 2½ times MORE LIKELY to suffer peanut allergy as other children.

Nature did not design humans to eat beans. Soy is a bean and is strongly allergenic itself. It is not surprising that there is sensitization crossover to other legumes like the peanut.

Dairy/Parkinson

Chen in a large prospective study² found that the more men consumed dairy products the more likely they are to develop Parkinson's Disease. The increased risks were: dairy calcium - 50%; dairy protein - 60%; lactose - 80%. Calcium and protein from other sources were not dangerous.

Our View? It's the dark side of dairy again. **AVOID.**

Cancer Briefing

Colon Cancer Part 2

A diet that returns to our naturally adapted pattern soon sorts this out. It needs to have a high volume of plant food, rich in soluble fibers and very low in starches. "An increase of 10 grams per day of soluble fiber reduces risk of colo-rectal cancer by 33%", Dutch researchers report³ in the Seven Country Study. Another study⁴ has found that dietary fiber galactose, plentiful in fruits, vegetables and salads, but **NOT** in cereals, is a helpful factor. High consumers of galactose in the diet had **HALF** the risk of the low consumers. Today the average westerner just does not consume anything like enough of these soluble fiber-rich foods – result – constipation and a colon wall under cancerous stress. A wide **VARIETY** of vegetation reduces risk⁵ by a further 20%.

In the same vein, consumption of 'resistant starch' is also useful⁶. Resistant starch is non-digestible and is found, for example, in bananas that are still green at the tips. (Once bananas get ripe and have black spots, the starches have been converted to 'bad' sugars.) Resistant starch is also found in 'new' (baby) potatoes that have been boiled and then allowed to go cold. That partly explains why baby potatoes are less glycemic than regular ones; a higher proportion of their starch is slow digesting. Even so, we are cautious about recommending baby potatoes. They are still borderline glycemic and they still contain those potato poisons – glycoalkaloids.

Other terrible colon aggressors are the anti-nutrients found in grains. Grain lectins increase colon porosity (known as 'leaky colon') and stimulate cancer cell proliferation^{7,8}. Gluten strips out the delicate villi that line the colon wall and which are the mechanism by which nutrients are absorbed through the colon wall into the blood stream.

Next Month Colon Cancer-- Part 3

Previous Cancer Briefings

Prostate Cancer:

July to Sept 2002

Breast Cancer:

October 2002 to Feb 2003

Cancer Special Book

A cancer special book that contains the full series of these briefings is available from us, price \$14.95 + S&H. Use the order form on page 6 or order from our website.

www.naturaleater.com

The cancer special can also be downloaded online at:

www.beatcancernaturally.com

Food Policy

"Glycemic Load" A New Measure of Blood Sugar Stress

Our readers will be familiar with our glycemic index tables, which distinguish between high density-, medium density- and low density-carbohydrates. We make this distinction because it makes a difference *how much* glycemic carbohydrate is in a serving and the *size* of the serving.

Many of you will have heard Geoff Bond ask in his talks, "will one cornflake send your blood sugar levels spiraling out of control? -- Of course not! But

somewhere in the spectrum of serving sizes there is a limit beyond which cornflakes will do that."

Some researchers have tried to put this notion onto a systematic basis. They take the Glycemic Index of a food, and they combine it with the amount of carbohydrate in a USDA standard serving size. This gives a factor known as the 'Glycemic Load' (GL).

A GL of 20 or more is high, a GL of 11 to 19 inclusive is medium, and a GL of 10 or less is low.

Carrots have a high glycemic index, but using the glycemic load (GL), carrots drop from a high GI of 60 to a modest GL of 10.

Of course, all this depends on the serving size *actually consumed*. Again, Geoff always says that a few carrots are fine; the problems set in when people down a whole quart of pre-packed carrot juice.

That is why even the concept of Glycemic Load has its limitations. This factor is only valid inasmuch as you consume a standard USDA serving size -- and no more! The USDA has laughably low 'normal' serving sizes. For example, a serving of spaghetti is 2 oz (57g) of dry weight. Most home cooks use *double* that quantity when serving spaghetti.

Our approach is different: we use glycemic indexes and loads as just part of a galaxy of factors used to identify foods to which we are naturally adapted. That leads to much simpler rules of thumb: starches and sugars are out. Most other colored plant foods are OK, either in moderation (like carrots) or unlimited (like lettuce).

Shopping on Prescription

The UK supermarket, Sainsbury's has teamed up with Britain's National Health Service (NHS) to give obese patients fact-finding tours of the nearest supermarket.

Professor of Food Policy, Tim Lang commented, "I've just walked down all the aisles of a Sainsbury's and I walked past 26 feet of milk, 108 feet of cheese and spreads, 59 feet of desserts and yogurts and 88 feet of confectionary. The sort of one-to-one advice that patients need to shop wisely would bankrupt the NHS."

Our View? It will be a salutary lesson for Sainsbury's as well as the patients to start reading the labels. Just imagine the tour-guide saying, "don't choose this item we've put on sale -- it's garbage!"

Chicken Adulteration

UK's Food Standards Agency is exposing fraudulent chicken processors. Unbelievably, the law permits processors to add water and other animal matter to chicken fillets -- but with a proviso: the label must say so. Even this relaxed policy is not enough for unscrupulous meat packers. Of the chicken fillet samples examined:

- o 60% were up to 25% under the weight claimed on the label,
- o 75% did not state that water and other animal matter had been added.
- o 50% contained some pork without saying so,
- o 90% of the pork-treated chicken was labeled 'Halal' (suitable for Muslims).

We can never relax our vigilance with our food supply. Similar scandals have hit US and European producers. It was probably worse in the past, but only now is the public becoming

aware of the incredible latitude given by the law to adulterate our food -- and the abuse of that latitude by food suppliers.

Cow Mutants Speed Cheese Making

Apparently, the dairy industry is not satisfied with current achievements in factory-farming cheese. We are accustomed to thinking of New Zealand as a pioneer in 'green' and healthy living; however their scientists have cloned genetically engineered cows to yield milk with "20% more beta-casein and twice as much kappa-casein". This will speed up cheese making and increase productivity.

We shudder at the attitude: all about productivity and convenience to the producer -- what about the bodies of the human consumer? Casein is a bad thing to be putting into the body anyway. We have no idea what these different varieties of casein do to the body and neither do the genetic engineers. Cheese "as in the best it is" should be **AVOIDED**.

Population Policy

USA too Crowded?

Senator Gaylord Nelson founded Earth Day in 1970 and today, at the age of 86, he is shaking things up again.

He is raising an important point that most western countries are sweeping under the carpet: what size population do we think is desirable for the country? He thinks that the USA should aim to cut its population from the current level of 280 million to where it was in 1939, 132 million. Environmental groups too see this as setting an example to the rest of the world.

We sympathize with this point of view. Already we are living in population densities that neither

our Pleistocene programming prepared us for, nor that the Earth can sustain. It is calculated that the resources of two more Earth-size planets would be needed if all 6 billion people in the world were to live at the same level of comfort as an American.

However, it is not just a question of resources. The USA, at 80 people per square mile is not particularly densely populated. England, at 400 people per square mile is one of the most densely populated countries in the world, exceeding even India and China. England relies enormously on the resources of less populated countries to keep its own population supplied.

Worse, the state has to apply ever tougher and pervasive social controls to keep people rubbing along with each other without flare-ups; competing interest groups become impossible to reconcile; it is impossible to build a new road. The question has to be, "do we want this for ourselves?"

In experiments, rats are kept in increasing numbers in a confined space. Even though they are supplied with all the necessities of life, beyond a certain density the rats become neurotic, cannot breed and start eating each other. Long before they reach that stage, they suffer raised stress hormones, depressed immune system and a host of stress related disease.

The English are not yet eating each other, but why should any country put its population through the stress of getting to that point?

Senator Nelson says that we need to be taking action now; it will be too late when we reach the breaking point, even if it is decades away.

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Human Heritage

Bushman Briefing

They have tightly coiled peppercorn woolly hair. Their noses are broad, they have pointy ears with no lobes, and they have high cheekbones and somewhat Mongoloid eyes⁹. Indeed, the San (!Kung) are of a different stock to the Bantu who have been migrating out of Nigeria in West Africa for the last 3000 years. (The Bantu of course still share the same ultimate ancestry as the San some 60,000 years ago.) Over the past few centuries, the Bantu have infiltrated themselves into the San lands. The San speak a quite different, very unusual language, which is not related to any other language in the world. Uniquely it employs a series of clicks and glottal stops as well as the usual range of vowels and consonants. The reader has already been exposed to one example in their name, !Kung. The '!' represents the sound made by the tongue clicking against the roof of the mouth.

Linguists say that these 'click' languages are the most ancient known and probably arose as a discreet means of communication between hunters. Genetic studies¹⁰ show that the San are southern Africa's most ancient inhabitants. In 60,000 years they have only migrated fifteen hundred miles from humanity's homeland in the African Rift Valley.

Newsletter Anniversary

Five years

We continue our drive to dispel the myths and dogmas of the nutritional establishment. The tide of battle is gradually turning our way, always ferociously resisted

by the forces of commercial pressure, entrenched interests and people's own vulnerability to the manipulative propaganda that bombards us all.

As always, we enjoy your feedback -- and let us know if you would like to see any changes.

Upcoming Public Events

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

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: cancer diet malpractice, 5th anniversary, orange juice, food colors, bushman, !Kung, San, van der Post, endive, shrimp, cranberry, almond, coconut oil, itsdelish, soymilk, peanut allergy, colon cancer, glycemic load, Sainsbury's, chicken adulteration, halal, cow mutant, beta-casein, kappa-casein, population, Nelson, Parkinson, dairy.

1 Lack, N Engl J Med 2003 Mar 13; 348(11): 977-85

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3 Jansen; Int J Cancer 1999; 81:174-179

4 Evans et al; Gastroenterology 2002 Jun; 122(7): 1784-92

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9 Truswell & Hansen; Population and Health in:

Kalahari Hunter Gatherers; Lee & DeVore;

Harvard U.P.; 1998

10 Semino et al; Am J Hum Genet 2002 Jan; 70(1)