

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.

Success: Dan Hazlett. **Human Potential:** Aged Marathon Runner. **Breaking News:** Russian Edition. **Quote:** Too Fat for CAT. **Behavioral Anthropology:** Mood Sweetener. **Recipe:** Devilled Strawberries. **Q&A:** Healthy Tea; Poultry Liver. **News Shorts:** Tea Boosts Immune System; Diabetic Time Bomb; Child Diabetic Unsightliness. **Cancer Briefing:** Colon Cancer part 5. **Nutritional Anthropology:** Cannibalism. **Food Supply:** Misleading Meat Labels; Donkey Salami; Food Purity. **Disease Links:** Low Potassium/Stroke. **Rant of the Month:** McKeith's "Living Food Energy". **Siren Song:** Drugged on Ritalin.

Success Story

Dan Hazlett

I love "Natural Eating". I picked it up by chance on vacation in Florida and it makes perfect sense to me. After only two weeks, my body feels great and my love handles, which have plagued me for years, are starting to disappear. Not only that, but my energy level has evened out during the day. It feels wonderful not to feel like I need a nap every afternoon.

I ordered another copy [of Natural Eating] because I gave mine to my parents who desperately need the information. Even if they just change a few aspects of their eating it will be worth it.

I can't wait to get the rest of your products. Again, thank you for your great service.

Human Potential



Fit for Life in Old Age

Fauja Singh reminds us of the yardstick by which we should judge human fitness. This 92-year old recently completed the London Marathon (26 miles 385 yards) in a world record time (for the over 90 age-group) of 6hrs, 11 minutes. He finished with 10,000 youngsters still toiling away behind him. Singh started running at the age of 89. In training, Singh runs 8 to 10 miles per day and relaxes with warm baths and meditation.

Continued: page 5

Breaking News

Natural Eating: Russian Edition

Airis press of Moscow confirms that the Russian edition is already at the printer and that it will be published this **August**.

Quote of the Month

Too Fat for CAT

"Obesity makes cancers hard to diagnose and treat ... some patients are too big for CAT scanners..." Eugenia Calle, lead researcher, American Cancer Society.

Behavioral Anthropology

Mood Sweetener

Would you rather get \$3,000 next week or \$3,800 in a couple of months? Your answer will depend on whether you've just eaten a bag of sweets according to a recent study.

Continued: page 5

Recipes

This is a simple dessert recipe that gives a sophisticated sweet-and-sour savor to a fruit that is often a bland, hothouse, production.

Deville Strawberry

Serves 4
YYYYY

Ingredients:

- 1 lb. (455 g) fresh strawberries
 - 2 teasp. fructose
 - 1 tablesp. (15 ml) raspberry vinegar
 - fresh ground pepper
- Garnish:
- fresh mint leaves (optional)

Method:

Wash and dry the strawberries.

Remove stalks.

Cut any big strawberries in half.

Place all the strawberries in a bowl.

Sprinkle with the fructose and toss carefully.

Pour the vinegar equally over the berries.

Sprinkle with fresh ground pepper generously and toss carefully all together.

Best made prior to serving, and allowed to chill for 10 minutes.

Garnish (optional) with a few scattered mint leaves.

Comment:

Strawberries today often have virtually no flavor. This is a fresh, tingling way to spice them up.

Strawberries (together with raspberries) are, exceptionally, fruits that can be eaten as a dessert at the end of a meal.

Questions

Healthy Tea

Q. *Is it true that ordinary tea is healthful?*

A. The health effects of tea have been extensively studied and it has been found to be helpful in a great many diseases, thanks to the many antioxidants and micronutrients that it contains. We have reported on many different studies in past newsletters.

Black and green tea consumption is linked to:

- Less heart disease¹
- Fewer heart attacks²
- Lower cholesterol³
- Reduced cancers of all kinds^{4,5} including:
 - § colon¹² (see "Colon Cancer", page 3)
 - § esophageal and stomach⁶
- Strong bones⁷
- Relief of arthritis⁸.
- Strong immune system (see "Tea Boosts Immune System", page 2)

Is tea a miracle cure? We should really think of it as making up the deficit in micronutrients that people ought to be getting from the usual conventional sources -- chiefly plant food.

There are modest drawbacks too; tea can block the absorption of calcium, iron, zinc and other nutrients. Even so, the balance of advantage definitely lies with tea drinking as being a healthy habit.

Poultry Liver

Q. *Is it good to eat the liver of birds like chicken, duck, turkey and goose?*

A. The short answer is that there is nothing fundamentally wrong with consuming the liver of these birds. Our Pleistocene ancestors ate every part of the creatures

they caught and it is clear that we are naturally adapted to consuming all kinds of variety meats (offal).

Just be aware that liver would have been a small part of the diet and it is best for it to stay that way. Liver is very rich in many micronutrients and in some, notably vitamin A, it is possible to overdose.

Liver is rich in cholesterol too but, as our followers know, we do not demonize cholesterol consumption.

We cannot leave this subject without mentioning **pâté de foie gras**. It is made from the **diseased livers** of geese that have been force-fed. Apart from the unspeakable cruelty of the production process, foie gras is 45% fat. **AVOID**.

News Shorts

Tea Boosts Immune System

An ordinary cup of tea is a powerful infection fighter. Researchers report⁹ that they have found in tea a chemical, "L-theanine", that boosts the body's defenses FIVEFOLD against disease.

L-theanine activates immune blood cells^a to attack cancer cells, bacteria, viruses and fungi. In the study, the substance was isolated from ordinary black tea as well as from green and oolong tea.

The results "gave clear proof" that five cups of tea a day sharpened the body's defenses against disease. The T cells prompt the secretion of interferon, a key part of the body's chemical defense against infection.

Our View? Enjoy, guilt-free, a nice cup of tea if that is your pleasure. But you don't have to medicate with it.

^a More precisely: the gamma-delta T cell

The Diabetic Time Bomb

The Centers for Disease Control and Prevention recently estimated that **15 percent** of all U.S. children and teenagers have **diabetes**; twelve-year-olds are weighing in at 250 lb (112 kg)!

The situation for the future is even bleaker: some 40% of three-year old girls and 33% of three-year old boys will be diabetic adults. Already, out of 51 adults in their 20's who were diagnosed diabetic as children, two had died on kidney dialysis, three more were on dialysis, one 26 year old woman had lost a toe and another had gone blind.

The terrible toll that diabetes will take on health care and quality of life is paralyzing thought. Health professionals are sounding the alarm and wringing their hands in impotent despair. Nothing short of a complete restructuring of society seems to be the answer.

We know the answer: exercise and Natural Eating (see page 141 of the Natural Eating book) -- but it is hard to change attitudes when neither the youngsters nor the parents even acknowledge that there is a problem.

Unsightliness in Child Diabetes

Nearly all diabetic kids have a skin condition called 'acanthosis nigricans' -- velvety, dirty-looking dark patches around the neck and other skin folds. This is a sign of insulin resistance.

In girls, the insulin resistance often triggers hormone upsets that result in facial hair, acne and ovarian cysts.

Comment: will **vanity** be the force to persuade adolescents to change their ways?

Cancer Briefing

Colon Cancer - Part 5

.... Of course fats, especially trans-fatty acids, figure in the role call of usual suspects. Older people (over 67) had a 50% increased risk of colon cancer if they were high consumers of trans-fatty acids¹⁰. Curiously, post-menopausal women who were NOT on estrogen therapy (i.e. were 'estrogen negative') had their risk of colon cancer **DOUBLED**. Saturated fat, too, modestly increases risk of colon cancer.

In contrast, omega-3 oils are protective. The Japanese found¹¹ that high consumption of tuna oils (rich in DHA) suppressed the formation of colon cancer cells.

On the other hand there are many molecules that fight colon cancer. Compounds in black and green tea¹² suppress the production of the 'bad' prostaglandin PGE2, which has been implicated in the growth of colon cancer. In the study, 10 out of 14 subjects who drank two to three cups of tea per day had a 50% reduction of PGE2. Other studies show that *garlic* is protective.

The micronutrient *lutein* has been much studied. It is found for example in tomatoes, broccoli, spinach, lettuce, oranges, carrots, celery and greens. High consumers of lutein had the risk of getting colon cancer **HALVED**¹³....

Next Month - Part 6

Previous Cancer Briefings

Prostate Cancer: July to Sept 2002

Breast Cancer: Oct 2002 to Feb 2003

The full series of these briefings can be downloaded online at:
www.beatcancernaturally.com

Nutritional Anthropology

Cannibalism

Early anthropologists were in denial about the cannibalism they found in primal peoples. It is now accepted that eating human flesh was commonplace and not just restricted to rare, mystic rituals. For example, peoples ranging from the Aborigines to the Polynesians regularly feasted on the enemies that they killed in battle -- it was part of the spoils.

Now confirmation has come from another quarter -- research¹⁴ into prion diseases. Prions are minute, virus-like proteins that rot out brains causing deadly dementias like mad cow disease and Creutzfeld-Jacob disease.

The Foré, a tribe living in Papua-New Guinea, had the custom of eating the brains of their dead at funeral feasts. As a result, some of them fell ill with 'kuru' -- a 100% fatal prion disease. Work on Foré genes demonstrates that humans the world over have a particular gene that confers resistance to kuru. Clever analysis show that these anti-kuru genes arose 500,000 years ago, suggesting that cannibalism dates back at least that far.

Food Supply

Misleading U.S. Meat labels

Healthy-sounding meat labels are almost certainly there to dupe the consumer. Here are two terms to be wary of:

"Raised without antibiotics":
No one checks this claim.

"No Hormones administered":
No one checks this claim

On the other hand:

"Organic" means that 95% of the product consists of organic ingredients. The standard is strictly controlled and the label

means that synthetic pesticides, fertilizers, antibiotics, genetic engineering, irradiation, sewage sludge, artificial ingredients and many other nefarious practices have been banned.

Next month:
"Free-Range" briefing

Donkeys in Salami

The UK's Food Standards Agency is to investigate what exactly goes into salamis and similar products, such as chorizo and pastrami to see whether they contain horse or donkey meat. Earlier this year, the FSA found that three out of 24 salamis contained horsemeat, which was not declared in the ingredients list.

Our view? Horse and donkey meat are quite innocuous ingredients. The really bad ingredients are the usual suspects: 35% fat (from pork and/or beef), salt and nitrites.

AVOID

Food Purity

It is virtually impossible to get all the foreign objects out of food on its way to being processed according to the U.S. Food and Drug Administration (FDA). So the FDA has set 'acceptable levels' of contaminants.

For example: in 50 grams of processed cornmeal the FDA allows one or more insects, 50 or more insect fragments, two or more rodent hairs, and one or more rodent excreta. In a can of peaches, three percent of the fruit can be moldy or wormy. Canned mushrooms should have no more than 20 maggots per 100 grams...

Does it matter? There is no doubt that we are naturally adapted to an insalubrious food supply that was contaminated by impurities

of this kind. But if you don't like the idea, the solution is simple and Natural Eating-conforming: don't buy processed or preserved food. Get it fresh and wash and clean it to your heart's desire.

Disease Links

Low Potassium/Stroke

Stroke patients with higher concentrations of potassium in the blood survive stroke far better than those who don't. So finds Dr Feng Hua who has carried out studies at the State University of New York.

Most people suffer potassium deficiency disease. They simply don't eat the foods that contain it: most fruits, most vegetables, poultry and seafood.

The researcher warns, "Don't use supplements!". They send potassium levels soaring, resulting in kidney damage and other serious complications.

Our View? You read it right there -- eat the Natural Eating way and you will maximize your chances of recovering from a stroke. **Better -- you will avoid having a stroke in the first place.**

Night Shift/Colon Cancer

Nurses who worked the night shift at least three times a month for 15 years were 35% more likely to develop colorectal cancer than those nurses who never worked nights. So says Francine Laden in an analysis¹⁵ of the famous ongoing Nurses Health Study.

Researchers suspect that lowered levels of melatonin, a hormone involved in regulating sleep, might increase the risk. Melatonin is also a powerful antioxidant that inhibits tumor growth.

Our View? We are uncovering every day yet more ways in which behavior that deviates from our naturally adapted lifestyle is undermining our health in the most unsuspected ways.

Rant of the Month

"Living Food Energy" Blurb

Listen to this extract from the marketing blurb of the latest high-priced fad supplement.

"Dr. Gillian McKeith's Living Food Energy Powder uses a revolutionary new process... Millet, especially in its sprouted form, can help nourish the spleen, the main organ responsible for extracting nutrients from food and converting it to energy... Linseed, ... may support the health of the immune and circulatory systems, as well as helping to nourish the spleen and pancreas... it can also help lubricate the colon, thus helping to maintain the efficiency of the bowel ..."

And so it goes on -- and you can have all these benefits for the modest sum of £36.95 (\$60.00) for a 330g (12 oz) can!

Do people really think that consuming this "powder" is a valid substitute for eating the real thing -- like apples, tomatoes, broccoli, wild salmon etc...? After all, a much more comprehensive and satisfying advertising copy could be written for those superfoods.

The marketing plays to people's desire for a magic potion that is, presto, a 'panacea for all ills'. The very approach ought to set our alarm bells ringing. All these weasel words were lifted from the full copy: "...may help...", "...may influence...", "...helps support...", "...can help nourish..." etc...

The ingredients include sea 'vegetable' and algae. Why not include volcanic ash, or china clay, or minced sealskin -- all of which can be made out to have something 'essential' to the body?

Will this lot do any harm? - Probably not -- except to the bank balance. Will it lull the victim into a false sense of security? Certainly, and therein lies the main danger. There is only one honest solution -- **get the trash out of the diet and the good stuff in.**

Siren Song

Don't be duped

Fool's Paradise: Ritalin

If you have children or grandchildren, then you've heard of Ritalin, the drug most commonly prescribed to children to address Attention Deficit-Hyperactivity Disorder (ADHD). But a recent study¹⁶ finds that Ritalin has a more potent effect on the brain than cocaine.

Every day, a staggering one and a half million American children take this drug. In the UK, prescriptions have increased 15-fold just in the five years to 1999. Considering how little is known about how Ritalin works and its long-term effects, this situation is disgraceful.

Now Noven Pharmaceuticals has developed a Ritalin patch. A Ritalin patch? That's right just put it on your child every morning before school, and throughout the day it administers a time-released dose of Ritalin. Forget those annoying pills. Forget the inconvenience of a school nurse having to deliver a dose to your child in the middle of the school day. Slap on the patch and, rest assured, your child will not behave in a developmentally inappropriate, impulsive or hyper-

active manner for the next 24 hours. Noven says their patch is "comfortable" and "well suited to active lifestyles." Ah, the marketing rhetoric has already begun. Just imagine the photo of the "active lifestyle" family that will appear on the package - smiling parents, maybe they're wearing tracksuits (active!), and two smiling, comfortably composed children. And what's wrong with this picture? Just one thing: the children are on drugs more powerful than cocaine.

What is wrong with us? Why don't we ask what is going wrong with our children? Why don't we aim at the origins of the problem? (If indeed there is a 'problem' and not just normal high spirits.)

We know that dysfunctional lifestyle factors are a major influence on ADHD. In our newsletter of December 2002 we talked about the additive/ADHD connection and also about the junk food/ADHD connection. We also know that food allergies, chemical sensitivities, malnourishment and even toxic metals are implicated.

Just get the garbage out of your children's diet and feed them the way we teach -- **that is the only honest, healthy way to go.**

From Page 1

Human Potential

Fit for Life in Old Age

All right, Fauja Singh is exceptional, but he is not a freak; there are many thousands of men and women who keep themselves in good shape and compete in Senior Olympic competitions. We don't have to go to that extreme, but we should certainly aim at being physically viable until advanced old age.

Behavioral Anthropology

Mood Sweetener

Researchers gave a bag of sweets to two groups of people and asked them that question. Those on a "sugar high" were happy to wait. Those who ate the sweets afterwards opted to take the smaller sum of money rather than wait.

Studies such as this, which focus on how rational decisions are affected by our lifestyle, are throwing new light on our evolutionary programming. It discomfites economists whose models assume that people are always rational and always act in their best economic interests.

In this particular example it is speculated that because of the hyperglycemia, high levels of brain serotonin were induced which in turn has a calming effect on mood. But this is all simplistic guesswork for the moment and much uncharted territory remains to be discovered.

On thing is for sure -- **this is not a license to eat sweets!**

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¹ Annual Scientific Session; American College of Cardiology; March 20, 2001

² Sesso; Am J Epidemiol 1999; 149:162-167.

³ Geleijnse; The Rotterdam Study; Archives of Internal Medicine; Oct 1999

⁴ Saganuma; Japanese Cancer Association; Sept. 30, 1998

⁵ Morre; American Society of Cell Biology; December 21, 1998

⁶ 93rd annual meeting, American Association for Cancer Research, May 2002

⁷ Wu, Archives of Internal Medicine; May 13, 2002

⁸ Haqqi; Proceedings of the National Academy of Sciences 1999; 96:4524-4529.

⁹ Bukowski, J; Proc Nat Acad Sciences, April 22, 2003

¹⁰ Slattery et al; Nutr. Cancer; 2001; 39(2):170-5

¹¹ Kohno; Oncol. Rep. 2000 Sep - Oct 7(5):1069-74

¹² August et al; J Nat. Cancer Inst, 1999; 91:950-953

¹³ Slattery; AJCN 2000 Feb; 71(2):575-82

¹⁴ Mead; Science; April 11, 2003

¹⁵ Laden; J Nat Cancer Inst; June 2003

¹⁶ JAMA 2000; 283:1025-30

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		17.95	
The Eating Planner: Each day, just check off the boxes for each serving that you eat. Don't eat anything without a box. Don't eat more than the boxes let you. Set of FOUR weeks.		14.95	
Cancer Special: The latest revolutionary strategies for avoidance and remission		14.95	
The Toolbox/Manual: The indispensable guide for the serious practitioner. ISBN 0-9712852-1-7		24.95	
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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
