

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.

International: Russian Edition. **Q of Month:** Transfat Labeling. **Serendipity:** Vanishing Warts. **Myths:** Fitness for Cancer. **New Resources:** Audio Cassettes. **Shorts:** Online Testimonials; Low Sugar Beer. **50 Years Ago:** Sugar Rations. **Q&A:** Defining Health; Birmingham Diet; Restaurant Fat; Citric Acid; Ghee (Butterfat); Carrageenan, Slow Cooking. **Food Diversity:** Dr Nöll's Wild Plants. **Cancer Briefing:** Colon 6th and Final Part. **Food Policy:** New Transfat Labels. **Hints:** Doggy Bag Strategy. **Tips:** Raw Gherkin Snack. **Tailpiece:** French Meals.

International

Russian Edition



Complete Cover (Back, Spine, Front)

Natural Eating in Russian is here!

Published on September 9th in Moscow, the publishers have lavished care on quality and design. They are delighted too with the content.

For our Russian speakers, it is publicized on the Airis press site: www.airis.ru. This is the direct link to the [book](#).

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Question of the Month

Transfat Labeling

Q: *How can consumers know if a product contains transfat if it is not identified on the nutrition label?*

A: Look at the ingredient label. If it includes the words "shortening," "partially hydrogenated vegetable oil" or "hydrogenated vegetable oil," the food contains transfat. This unsatisfactory situation will improve for American consumers in 2006, See 'Food Policy', page 5.

Serendipity

Sometimes Natural Eaters obtain unexpected side benefits. We invite readers to tell us their experiences.

Vanishing Warts

My plantar warts (which I have tried to get rid of for 18 years) started disappearing within two weeks of the diet change to Natural Eating. *J.M. - Florida*

Myths and Fallacies

Fitness to Fight Cancer

Myth: Endurance athletes recover best from cancer.

The élite American cyclist, Lance Armstrong, recently won the Tour de France for a record-breaking fifth time.

Lance Armstrong is remarkable -- seven years ago, Armstrong almost died of testicular cancer.

Let's just examine that thought: at the age of just 24 years, a hyper-fit cyclist gets cancer -- in his testicles.

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New N.E. Resource

Audio Cassette Briefing

Geoff Bond has recently recorded a set of three one-hour audio-cassettes. They present the Natural Eating principles and how to put them into practice. Contact us for enquiries and orders: info@naturaleater.com.

Recipes

No Recipe this month. Next month we give a wild plant recipe inspired by the work of Dr Günter Nöll - see page 4.

News Shorts

Online Testimonials

We regularly receive, unsolicited, plaudits and experiences of our many readers and viewers. A selection of these has been installed online. Just look for the link 'Testimonials' on our home page: www.naturaleater.com.

Low Sugar Beer

The chief reason that we discourage beer consumption is that it is high glycemic. That is, it contains 13 grams (three teaspoons) of the ultra-fast sugar, maltose, per 12 oz bottle.

Anheuser-Busch is launching a new, low-sugar beer called Michelob Ultra. It contains just 2.5 grams of maltose per bottle. Alcohol content remains the same at 5%.

We never say that you should go out of your way to consume alcoholic drinks, but Ultra seems to be a much safer type of beer.

50 Years Ago

Extra Rations for Queen's Coronation

The average American today consumes 3 lb of sugar per week. But things were different in post-war Britain. The sugar ration was just ½ lb per week in June 1953 when Queen Elizabeth was crowned. To mark the occasion, everyone was allowed an extra 1 lb of sugar that week.

A year later, sugar was taken off ration altogether -- and the health of the nation started its downward spiral. How about reintroducing rationing for unhealthy foods?

Questions

What is 'Healthy'?

Q. *How do I know if I am healthy? If I compare myself with an obese person eating a hamburger and fries, I am.*

If I compare myself with an athlete who has just run 100 yards in under 10 seconds, I am not.

A. This is an interesting question. What indeed is an objective standard of 'healthiness'? In your question, you are using two kinds of comparison: 'behavioral' -- how do I eat? And 'performance' -- am I obese, how fast do I run?

Performance

'Performance' is the fundamental test and it operates on two levels: your *biological* vital signs such as blood pressure, triglycerides, glucose tolerance etc; and your *physical* performance such as how long it takes you to run a mile.

Human Health Design Criteria

We draw our inspiration from our knowledge of how humans were designed to operate in the cradle of humanity during Pleistocene times. This knowledge is reinforced by observation of primal societies today (e.g. the Bushman, Aboriginal) compared to the 'performance' of the average Westerner.

Practice

In practice, we have to work on a blend of all kinds of measure. Yes, obesity is an unhealthy vital sign and eating hamburgers is unhealthy behavior.

These are obvious and well-known examples. On the other hand, our newsletters fill a vital role because they give our assessment on a whole range of more ambiguous or obscure health questions.

Even many medical vital sign performances are incorrect and are constantly being revised. Our

methods short-circuit all that. For example, our criteria for blood pressure, drawn from knowledge of the health of primal peoples, are much more stringent than those proposed by conventional medicine.

Physical Performance

However, do not compare your physical performance with the extreme standards of a world-class athlete. Rather compare it to our evolutionarily designed performance. Chapter 11, 'Exercise', of the Natural Eating book gives a good guide.

Birmingham Heart Hospital Diet

Q. *The hospital uses this diet to get fat patients slim enough to have surgery. It is followed for 3 days, followed by normal eating for four days. This is a typical day. What do you make of it?*

Breakfast	calories
1 egg	78
1 slice toast	65
½ banana	60
lunch	
½ cup tuna	120
5 TUV crackers	60
Dinner	
2 hot dog sausage	300
1 cup broccoli	25
½ cup carrot	35
½ banana	60
½ cup plain ice cream	170
Total	973

A. This is a traditional, low fat, low sugar, and calorie-restricted diet; it amounts to just 1000 calories per day. The average adult needs 2000 calories so 1000 calories are lost out of the fat cells. In theory, this is equivalent to 4 oz of fat. The arithmetic in reality is never as simple as that: in the early stages of calorie restriction the body dehydrates and a lot of water is lost; not all food eaten is absorbed; muscle is lost too.

Treats and Tricks

The hospital is clever to slip in some 'treats'. It is also clever to switch in and out of the diet on a 3 days on, four days off basis. Psychologically people will find it easier to stay with the diet; the body will not adopt a 'famine response'; and the overall result should still be reasonably effective for weight loss. Of course, the diet is hopelessly underweight in plant food and would not be a good basis for maintaining health.

Diet for Surgery Convenience

It is interesting that obese patients are defatted on this diet to make heart surgery easier. The hospital is not interested in patients actually having a healthier heart -- not with a diet that includes peanut butter, sausages, ice cream and four days a week of anything goes!

Restaurant Fat

Q: *Do restaurants have to list the fat content of their foods?*

A: No, but you should always ask which fats are being used to prepare the food you order. You can negotiate improvements, and you are raising the 'fat-awareness' of the restaurant.

Citric Acid Additive

Q: *I see citric acid mentioned as an additive (E330) in many foods. Should I be worried?*

A: No. Citric acid is the main acid in lemon juice. It is also present in many other fruits. It is added to processed food as a flavoring and as a stabilizer. In these quantities, it is quite innocuous and can even be helpful -- it enhances the effect of vitamin C.

As ever, overdosing can be counter-productive. An excess of vitamin C and citric acid is implicated in heart disease, cancer, diabetes, osteoporosis and possibly other disorders. But this only occurs with people who

supplement -- and you don't supplement -- do you?

Heart Attack by Ghee

Q: *I have been told that ghee is an inert fat; is it therefore safe to use in cooking?*

A: No. Ghee is a form of *butter* and is the chief form of cooking fat used in India. In the West, ghee is variously known as 'clarified butter', 'butter oil', 'butterfat' or 'milk oil'.

Making Ghee

In addition to fat, ordinary butter contains about 20% water plus some protein and minerals. Ghee is made by gently heating butter so that the fat separates out from the water (and other ingredients). The fat (ghee) rises to the surface and is skimmed off.

Indian Paradox

In other words, ghee is a *concentrated* form of butter -- and is therefore even more dangerous. The common use of ghee in India has led to what Indian researcher Dr. Ram Singh¹ calls the 'Indian Paradox' -- skinny, underfed, people who nevertheless get artery and heart disease.

Fulani

The nomadic Fulani cattle herders of West Africa are also great consumers of butterfat (ghee). The American researcher, Richard Glew, observed similar artery hardening in these tribesmen. In addition, they suffer deficiencies of essential fatty acids² (in which ghee is *deficient*).

Artery Disease

Ghee is heavily loaded with the artery-clogging and artery rotting saturated fats, myristic and palmitic acid. It strongly raises 'bad' cholesterol levels.

Fat Composition

Ghee's fat composition compared to butter (in brackets) is: saturated fat 62% (50%), palmitic acid 27% (22%), and myristic acid 10% (8%). Ghee on all these

counts is significantly worse than even that arch-demon, butter.

Oxidation

Your misconception probably arose because these bad, saturated, fats do not oxidize easily -- and oxidized fats are, of course, also to be avoided.

Sources of Ghee

Most people have never heard of ghee and think that they are safe. However its alias, 'butterfat', is present in a great many processed foods, notably ice cream. Read the labels!

Our View

The real message is that *all* fat consumption should be kept to a minimum, avoid oxidizing it (by heating) and focus on the omega-3 rich types. If you have to cook, use olive oil which resists heat well.

Colic by Carrageenan

Q: *I see carrageenan used as a food additive (E407). Should I be worried?*

A: Yes. Carrageenan is a gel extracted from red seaweed. It is increasingly used by the food industry to thicken and give 'mouth feel' to various foods: yogurt, ice cream, processed meat, chicken, beef and soy products, sauces and salad dressings, and many more.

Diseases

For many years carrageenan was thought to be safe (it's 'natural' isn't it?). However, recent research³ shows that there is a dark side. In just modest quantities, it provokes colitis, cancers of the digestive tract and stomach lesions. The FDA is pondering strictly regulating carrageenan.

Our View

Safer alternatives are xanthan gum and guar gum. But why would you be eating processed foods anyway?

Crock-pot Cooking

Q. *I often make the French dish ratatouille which requires the simmering of various vegetables for several hours. Does this kind of cooking destroy nutrients?*

A. Yes. We counsel against 'crock-pot' cooking. Many nutrients that we know about are destroyed by this, for example vitamins A, B, C and omega-3 essential fatty acids -- to name a few. There are probably a great many others that we do not even know about.

Some apologists suggest that prolonged cooking makes some nutrients bio-available. This is not a valid argument for us. We are naturally adapted to eating raw plant food and our bodies depend on nutrients that are only obtained that way.

Food Diversity

Dr Nöll Promotes Wild Plants

We frequently lament the loss of diversity in our food supply. (See 'Forgotten Wild Plants' in our Newsletter of October 2000.)

The food industry focuses on a narrow range of varieties that lend themselves to mass production. As individuals we are losing our knowledge of wild plants.

Plant Food Course

Dr Günter Nöll is fighting a successful rearguard action against this trend. From his plant-friendly home in the Viennese countryside, he runs day-long courses in knowledge of wild plants, how to find them in the natural state, and how to prepare them.

Geoff Bond was invited to join his seminar on September 13th (where Geoff gave a short presentation of Natural Eating).

After an hour of briefing, the group was taken out into the

Vienna woods and fields to learn to recognize a whole variety of wild plants and to collect sufficient of them to make a five course meal.

Ancient Edible Plants

This was a remarkable eye-opener. Many of us can recognize an acorn^a or a stinging nettle. But under Dr Nöll's guidance, they also found and collected blood-wort, burdock, goosefoot, avens-root, sow thistle, comfrey, plantain, field-wormwood and many others.

These sonorously named plants sound exotic to our ears, yet they would have been commonly known and used by the English country people until recent times. Dr Nöll is performing a valuable service by keeping the old knowledge alive and passing it on to new generations.

Plant Preparation

Back at the kitchen, these plants were ingeniously worked into an amazing variety of dishes including chickweed soup, sow thistle salad with sneeze-wort dressing, comfrey filets, wormwood pancakes, bear-garlic and Jerusalem artichoke fritters, and acorn dessert.

Every one of these plants was rich with flavor and, no doubt, micronutrients. They are all readily found, harvested and prepared.

Variety is Important

Humans were designed to feed on a huge variety of plants -- over a hundred species. We lose something important yet difficult to quantify, when we are restricted to just the dozen or so varieties available in supermarkets.

^a The acorn is the nut of the oak tree. Many peoples learned to use acorns including the Cahuilla Indians of Southern California.

Power of Plant Knowledge

How many of us, when out for a walk, have wondered if that ripe, red berry is safe to eat? But we decide that discretion is the better part of valor and leave it alone. With Dr Nöll's knowledge, we need have no such doubts. We can happily chomp into all kinds of wild berries but steer our way around the poisonous varieties.

Our View?

Our lives and our nutrition would all be richer if we learned the basic lessons about edible plants in our locality.

Contact:

Dr Nöll: wipfl.guenoe@kabsi.at

Next Month: a typical wild plant food recipe inspired by Dr Nöll's menu.

Cancer Briefing

Colon Cancer - Part 6 Final Part -- Summary

HARMFUL COLON CANCER STRATEGIES

- Diet:
 - o High in meat of any kind; particularly char-grilled meat, salted meat and processed meat
 - o High in fat
 - o High in calories
 - o Low in fruit, salads and vegetables
 - o High saturated fat and trans-fatty acids
 - o Glycemic diet notably high in starches, sugars and grains
- Overweight and obesity
- Tobacco smoking
- Nitrosamines (from meats cooked at high temperatures)

HELPFUL COLON CANCER STRATEGIES

- Diet:
 - o High in fruit, salads and vegetables (rich in micro-

- nutrients folate, lutein, alpha-tocopherol, polyphenols and B₆)
- o High in soluble fiber (as obtained from the high plant food diet)
 - o Low in meat and animal proteins
 - o Low in cereals
 - o Low in calories
 - Green tipped bananas (in moderation)
 - Regular aerobic exercise (equivalent to jogging 30 minutes or walking 60 minutes per day)
 - Be *lean* (not overweight)
 - Hormone replacement therapy (for post menopausal women)

*

It all boils down to eating the Natural Eating way. So just adopt these habits right away – there is not a moment to lose!

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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

Food Policy

New Transfat Labels

On page 1, we show how to decipher labels for the transfat content. Under new FDA regulations, by Jan. 1, 2006, consumers will be able to find transfat listed on food nutrition labels directly under the line for saturated fat.

The labeling is in reaction to evidence that consumption of trans fat raises "bad" cholesterol levels that increase the risk of coronary heart disease.

Transfat occurs in foods when manufacturers 'hydrogenate' oils. They put it in vegetable shortening, margarines, crackers, candies, cookies, snack foods,

fried foods, baked goods, salad dressings, and other processed foods.

Our View? Natural Eaters will not be consuming processed foods, period. However, we are pleased for the general consumer. This regulation is imposed in the teeth of opposition from the food industry, so we should all read the labels and make the most of this information.

Hints to Stay on Track

Doggy-bag Strategy

Can't resist between-meal snacks? Forget about the "clean plate club" and try squirreling away a bit of your lunch or dinner as a doggy bag. Enjoy these leftovers as your guilt-free snack later.

Practical Tips

Fresh Gherkin Snack

When preparing a snack to take with you for the day, think about whole, small, cucumbers -- the ones that are often used for pickling (sometimes known as 'gherkins').

They are easy to eat raw with the fingers. There is no need to peel them or cut them into small pieces. But do eat them fresh, not pickled!

From Page 1

International

Russian Edition of Natural Eating
 Airis press is making the usual publicity in the Russian media. We too, have contacts with high spending Russian visitors to France and Cyprus.

Even so, we should be pleased to hear of any other leads to promote our important message to Russian readers.

Myths and Fallacies

Fitness for Cancer

The Tour de France is an incredibly grueling cycle race. Every day, for fourteen days, the cyclists race for hundreds of kilometers through the country roads of France. Many times, they have to climb steep mountains, sometimes in scorching heat.

The truth is that physical over-training to that level deeply *depresses* the immune system. Highly trained athletes are very vulnerable to cancers and infectious diseases.

It is not a coincidence either that Armstrong's testicles, battered by saddle hammer, were the organs to crack beneath the strain.

Moral? Intensely fit endurance athletes are *more likely* to get cancer. Of course, a degree of physical fitness is important for health. (See chapter 11 of the Natural Eating Book.) However, over-training is damaging.

Tailpiece

French Paradox Explained

How is that the French stay slim? No mystery -- they just eat less according to a report in the *Journal of Psychological Science*.

The average meal size in Paris restaurants is 25% smaller than that in Philadelphia.

Keywords: Airis, Russia, transfat, lance, Armstrong, warts, coronation, ration, ultra, beer, maltose, sugar, Queen Elizabeth, testimonial, online, health performance, Birmingham, restaurant fat, citric acid, E330, ghee, butterfat, Indian paradox, Fulani, oxidation, colic, carrageenan, crock-pot, ratatouille, Nöll, wild plants, burdock, comfrey, colon cancer, gherkin, snack, transfat label, testicle, French.

¹ Singh et al; J. Am. Coll. Nutr.; vol 17; no 4; 1998.

² Glew et al; J. Food Comp. Anal.; 12; 1999; p 235.

³ Tobacman JK; Environmental Health Perspective; 109:983-994 (2001)

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	
Web Membership: access to the member's area for ONE YEAR . Download the latest newsletters; have your questions answered (S&H not required)		18.00	
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