

NATURAL EATING NATURAL EATING NATURAL EATING



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Success Story: Don Foust. **Seasonal Relief:** Christmas Present Ideas, **Prioritizing:** Sugar Holocaust. **Briefing:** Aspartame Quandary. **New Service:** Message Board. **Cooking Quick Fix:** Oil and Steam Stir-Fry. **Q&A:** Metabolic Diet; Toxic Nightshades; Cocoa Butter; Human Biting Power; Jerusalem Artichokes; Tiger Nuts; Lactose Tolerance; Canola Savvy; Pumpkin Caution. **5 Years Ago:** Potato Savvy. **Food Labels:** "Low Fat" Fraudster Jailed; Monsanto Opposes "Hormone Free" Label; Food Makers Oppose "Transfat" labeling. **Hints:** Ripening Persimmons. **Tailpiece:** Man Survives 99 year Jail Sentence. **Events**

Success Story

From Don Foust

"The good news is that I strictly followed Natural Eating from five weeks ago. I started at a weight of 252 lb (18 stone) for 5'-8½" and I've lost 22 lb -- so far. My blood pressure has gone from 195/92 to 119/66. I just want to thank you for all the good stuff."

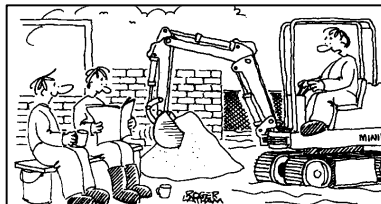


Seasonal Relief

Christmas Present Ideas

Stuck for Christmas presents? Think about giving a **Natural Eating Book**. Give us the details and Geoff Bond will write a special dedication. Or Geoff's new **Audiotape** package of three 1-hour tapes (normal price \$39.95 – **Special Christmas price \$24.95**) Get in touch at the contact details on page 6.

Prioritizing



© Roger Latham
"How many sugars do you want, Bert?"
British building workers were famous for their strong, sweet tea, so thick that the spoon "stands up straight". Healthwise, They would be better off with a low glycemic sweetener. See 'Aspartame Quandary' this page.

New Service

Our Message Board

Do you have queries and experiences you wish to share with other Natural Eaters? Visit www.naturaleater.com and post your comment on the "Bulletin Board" link in the banner.

Briefing

Aspartame Quandary

Q. How can you take such a relaxed view of aspartame?

A. We hold no brief for companies like Monsanto (who hold the patent) -- see our comments on milk hormone in 'Food Labels', page 4. Yet we have to tease out the hysterical emotion from the real evidence.

Is there any basis for the anti-aspartame hysteria? Its opponents cite the fact that it contains minute amounts of methyl alcohol or 'methanol'. They worry because, in overdoses, methanol is toxic and can provoke headaches, dizziness and blurred vision.

Naturally Occurring Methanol

What they do not say is that *methanol occurs quite naturally in plants*, and the body has adaptations to handle it.

Continued page 4

Cooking Quick Fix

Oil and Steam Stir-Fry

In response to last month's item on 'oil and water roasting', many readers have asked to be reminded about the similar method used for hob cooking vegetables.

In the cookbook, we refer to it as the "oil and water method". In fact, it starts by steaming and finishes by sautéing.

Put $\frac{1}{4}$ inch of water into a large saucepan. Add the vegetables. (If they are frozen, they might not need any water at all.)

Add spices liberally: garlic, bay leaves, oregano, thyme and so on according to taste.

Stir in one teaspoon of olive oil according to the quantity of vegetables.

Cover tightly and cook on a high heat. Stir occasionally. The vegetables will cook perfectly in their own steam.

After three or four minutes, remove the cover and 'stir-fry' with a wooden spoon or spatula until all the water has evaporated.

You can continue until some of the vegetables are tastily browned on the outside. Do not overcook -- this is a quick process -- all done in five minutes. The vegetables should still be crunchy.

This is a healthy way of cooking: the vegetables are done quickly and gently in their own steam.

Questions

Metabolic Diet

Q. What do you think of William Wolcott's *Metabolic typing diet*?

A. Our views in general about this kind of thing are very simple. As human beings, there is a pattern of eating that is right for our species. It is ludicrous to imagine that our ancient ancestors were carefully analyzing their 'metabolic type' before heading off to the jungle to find food.

Today, as human beings, we are making major errors in 'fuelling' our bodies. Until that is put right all the rest is a waste of time. "Rearranging the deckchairs on the Titanic", is how we sometimes put it.

Focus on Fundamentals

To use another analogy: if you put diesel fuel into a petrol-engined car it will not work properly. You will never correct the performance just by tweaking the carburetor -- you have to change the fuel!

Fundamentals Work

People, of all metabolic types, get the most remarkable results simply by putting the right 'gas in the tank'. We preach against micromanaging the incredible complexity of the human metabolism or trying to second-guess how it is trying to operate.

Get the fundamentals right and the metabolic details will look after themselves.

Nightshades -- All Toxic?

Q. Can you explain about the nightshade family of plants and their poisonous nature if any?

A. There are over 2000 species of nightshade plant, many of which are very familiar to us and which have varying degrees of

toxicity. Famously, the red berries of *deadly nightshade* (belladonna) can be lethal. *Tobacco*, which is the black sheep of the nightshade family, needs no extra demonizing from us.

On the other hand, *tomatoes* and *eggplant* (aubergine) are just fine.

However, the *potato* contains the glycoalkaloid poison, solanine. We reported on that in our [May 2003](#) issue. Every year hundreds of people are hospitalized with potato poisoning. In addition, potato is a 'bad', glycemic carbohydrate (see "Know your Potatoes" [page 4](#))

Bell pepper (sweet pepper) has much lower concentrations of plant poisons but some people report food intolerances with them.

The *hot peppers*, chili, tabasco and cayenne signal their aggressive nature by their very taste. It is wise to strongly limit their consumption.

Cocoa Butter- Good or Bad

Q. I see that cocoa butter is a big component of many dark chocolates. Isn't it just another fat -- and a bad one at that?

A. No -- for two reasons. First, cocoa butter has quite a good fatty acid profile. It has 33% monounsaturated fat ('oleic acid') and 33% of 'stearic acid', the innocuous saturated fat.

There remains about 25% of the potentially nasty, saturated fat, 'palmitic acid'.

However, and secondly, there is very good news from another front: the location of the palmitic acid on the triglyceride molecule (p. 82 of the [Natural Eating book](#)).

The body can only absorb the fat that is sitting in position 2. In cocoa butter, position 2 is almost completely occupied by harmless monounsaturated fat. The bad palmitic acid is located in positions 1 and 3 and so is poorly absorbed into the body -- which is good.

Dr Serge Renaud (of Lyon Diet Heart Study fame) observes¹ that this explains why dark chocolate consumers suffer no harmful health effects. Their blood contains very little palmitic acid but does have raised levels of harmless monounsaturated fat. But yes, it is still empty-calorie fat, so do not overdo it!

Human Biting Power

Q. *You claim that the human jaw is not designed to crush bones like a hyena can. Yet, in an epileptic fit, the sufferer can inflict the most terrible bites.*

A. We are all familiar with stories about how frail mums lift the family car off a crushed child.

In truth, when we are controlling our muscles *voluntarily*, we can only mobilize about 30% of their potential. Under panic circumstances, the body mobilizes, *involuntarily*, up to 100%.

The reality is that, *voluntarily*, humans have a low biting strength whereas a hyena has a much higher *voluntary* biting strength.

If a hyena had to wait for an epileptic fit each time he wanted to eat, hyenas would rapidly go extinct.

Jerusalem Artichokes

Q. *What are Jerusalem artichokes? You mentioned them in September's article about wild plant authority, Dr Gunter Nöll.*

A. It is the root of a kind of sunflower and is known in Europe

as 'girasol'. There are no figures for glycemic index, but we have the feeling that, like the turnip, it is reasonably low.

Tiger Nuts

Q. *What are Tiger Nuts and where can they be found?*

A. They are a kind of underground tuber, akin to Chinese water chestnuts, the crunchy opalescent vegetable familiar in Chinese dishes.

Tiger nuts and water chestnuts are members of the 'sedge' family of plants. They mostly grow in marshy areas and are very common in Africa. We can be sure that our ancient ancestors were eating lots of them. That makes them good for us too.

Look out for them in ethnic food areas of supermarkets and ethnic food outlets.

Lactose Tolerance Persists?

Q. *You claim that humans are not made to drink milk after weaning. Yet studies show that the intestine can be forced to continue secreting the enzyme lactase (which digests lactose), just by continuing to consume milk.*

A. There are a number of hidden assumptions in this question.

First, many more digestive processes stop on weaning apart from lactase production. The enzyme *rennin*, which is responsible for separating milk into curds and whey, is stopped. Other enzymes are stopped too. For example, those that digest the curds (consisting of casein and fat).

Other components of milk, apart from lactose, are also harmful. We are all familiar with the drawbacks of milk fat. But in addition, milk protein (casein) is a

bad cholesterol raiser and a nasty allergen in its own right.

Even if the body can be 'forced' to continue to produce lactase (which digests the nasty allergen *lactose*) long after it should have stopped, it does not mean that the body enjoys the experience. Better to take away that unnecessary stress.

Finally, this phenomenon is only observed amongst northern Europeans. It does not occur in most other races. Even with Europeans, the ability to produce lactase under constant goading wanes. That is why milk drinkers often succumb to lactose intolerance in middle age.

DO NOT WASTE YOUR TIME AND HEALTH ON DAIRY!

Canola Savvy

Q. *Is canola a genetically modified version of rapeseed? Where can I get organic rapeseed?*

A. No, Canola is not necessarily genetically modified. Canola is simply the variety that has been bred by normal means to remove the 'bad' fat, erucic acid. All canola and rapeseed oils are required to be like that now.

Check www.naturaleater.com for the debunking of a whole range of canola myths.

Always go for *organic* canola or rapeseed oil when you can. By definition, it will *not* be genetically modified. It will often be *virgin* oil from the *first cold pressing*.

This is the ideal specification but you will need to look in health food stores for it. In the USA, such a product is made by 'Spectrum Naturals'. In UK and France, a common brand is 'Emile Noël' made by Provence Régime SA.

Pumpkin Caution

Q. *What is the status of pumpkin? Is it a conforming food?*

A. No -- it is too glycemic for that. Even the basic pumpkin has a 'bad' glycemic index of around 75 -- just as bad as sugar itself. It is often cooked into flans and puddings using lots of sugar -- even worse.

Pumpkin is sometimes misguidedly recommended because it is rich in certain micronutrients such as beta-carotene and lutein. However, these important nutrients are equally available from other, better, foods that are low-glycemic.

We are not being party poopers for Thanksgiving -- we waited until afterwards before replying! Just have a symbolic helping and focus on the turkey and Brussels sprouts.

**From this Newsletter
5 Years Ago**

Know your potatoes

When it comes to glycemic index, not all varieties of potato are created equal. If you want to eat the occasional potato, then play safe by choosing the following varieties:

Fingerlings: Ruby Crescent, Russian.

Round Red: La Soda, La Touge, Red Norland, Red Pontiac.

These are better still if 'new' and are still of 'waxy' consistency.

Especially Avoid:

Russet varieties: including Arcadia, Burbank, and Idaho.

Today's Comment:

Over the past five years, the potato's shortcomings have been found to be even more grave. See 'Nightshade', page 2. Better to avoid them altogether.

Food Labels

"Low Fat" Fraudster Jailed

The food label is the sole, flimsy line of defense that we have against the tide of garbage that is in manufactured food.

It is vital that the labels be honest -- but the temptations to cheat are great. It is good to know that the authorities sometimes crack down on the fraudsters.

Robert Ligon, executive of Nutrisource Inc, was jailed for 15 months for fraudulently claiming that the baked goods he sold to health food stores were low fat. Doughnuts were labeled as containing three grams of fat (135 calories) when they actually contained 18 grams of fat (530 calories).

Further comment: Those who eat doughnuts cannot expect a lot of sympathy from us. But think about this: the best foods are ones that don't require food labels at all -- like fresh fruits, vegetables and salads.

The best foods are ones that do not require food labels.

Transfat Label under Siege

In September, we reported that from January 2006 Americans will find transfat identified on food labels.

Not before time you might think. But on October 9th, the US National Food Processors Association filed suit against the FDA to oppose this measure. They are frightened that consumers will be 'put off' by the transfat stigma.

So yes, you are on your own. Do not ever imagine that the food suppliers have your interests at heart.

Food suppliers are secret opponents of the consumer

Monsanto Forces "Hormone Free" Relabel

Monsanto has succeeded in another attack on label transparency. Dairy farmers who sell "Hormone-Free" milk have been banned from saying so.

The FDA upheld Monsanto's argument that all milk contains hormones even if they are naturally occurring ones.

Monsanto of course makes the artificial hormone "rBST" that stimulates cows to produce far greater volumes of milk than nature intended.

Our View? A win for rapacious agri-business and a setback for honesty in labeling. Fortunately, milk consumption is not a pre-occupation for Natural Eaters.

Hints and Tips

Ripening Persimmons

This is the season for persimmons (also known as 'sharon fruit' or 'kaki'.) They are deliciously sweet (and undoubtedly glycemic) when slushily ripe. But they are often sold when they are hard, unripe and incredibly astringent.

This can be fixed. Just put them in the freezer overnight and let them thaw out the next morning. They will be soft and will have lost their bitterness. This also works with unripe plums, kiwis and even avocados.

There are no published figures for persimmon's glycemic index. However, we know that they have a high sugar content: 9% glucose plus 9% fructose. We recommend that you eat persimmon frugally -- just as a sweetmeat.

From Page 1

Briefing

Aspartame Quandary

For example, fresh orange juice contains 12 mg of methanol per 12 oz glass; tomato juice 18 mg per glass. Alcoholic beverages have even more: red wine

contains at least 25 mg of methanol per wine glass.

Additive no Worse

In comparison, an aspartame tablet contains just 2mg of methanol. A 12 oz can of diet cola contains about the same amount of methanol as the same amount of orange juice -- 12 mg.

FDA Tests

Aspartame is made of two proteins, ('phenylalanine' and 'aspartic acid') which occur quite naturally in the body. The two proteins are joined by a molecule of methanol. Aspartame has passed the toughest tests that the FDA could devise².

Europe Too

The FDA is not alone. The European Union too has subjected aspartame to testing and approved it for use as a food additive (E951). The skeptical French have accepted³ a safe daily intake of 40 mg per kg body weight per day. That corresponds to 3000 mg (or 150 tablets) per day for a 168 lb (12 stone) person.

Responsible Consumption

Of course nobody expected adolescents to begin consuming diet cola by the *gallon*. We cannot condone such a massive consumption, but the use of a few aspartame tablets during the day to sweeten a cup of tea or coffee is well within the healthy body's tolerance limits.

Sugar Worse

We can be sure that, had *sugar* been obliged to take the same tests, it would have been banned as a lethal substance.

According to a major study⁴ by Dr. William Grant, sugar intake may account for over 150,000 premature deaths from heart disease in the US each year. The sugar provokes extreme levels of *insulin*. This, in turn, irritates the liver into producing a tidal wave of triglycerides and cholesterol. Sufferers who have high levels of these substances need look no

further than sugar and starches for the cause.

No Litigation

Aspartame has not yet been implicated in even one death in the 35 years. Moreover, we are living in a highly litigious environment. If anyone could make a convincing case that aspartame had made them sick, class-action lawsuits would be flying.

Methanol Intolerance

In an early, skeptical, review of the data, Dr W. Monte, professor of Food Science at Arizona State University, points out⁵ that there is a very wide range of tolerance levels in humans to methanol. Some people are considered 'methanol hypersensitive'.

Vitamin B Deficiency

Much more interestingly, such methanol hypersensitive people have been "cured" when folate deficiency has been corrected. Folate is a B vitamin found, guess where, in green leafy plant food.

Adaptation

We often talk about how plant predators (like humans) develop resistance to plant toxins (like methanol). This is a beautiful illustration of how our bodies mobilize folate as an antidote to methanol -- both substances found in our naturally adapted food supply.

The Bottom Line? Aspartame is naturally present in plant food (as its components phenylalanine, aspartic acid and methanol.) Far more of it is consumed through plant food than even a dozen sweetener tablets in tea or coffee.

As the lesser of two evils, aspartame is a far better bet than sugar. If you are worried about 'aspartame sensitivity', eat up your greens anyway, but also try switching to an alternative low-glycemic, biological sweetener such as stevia. You can also try reducing your dependence on sweeteners generally.

Tailpiece

Life Sentence for Longevity

Frenchman Jean Dupont is hoping for a fresh start after, incredibly, serving out a 99-year sentence. He was jailed for killing his mother's lover in 1904 when he was just 14. Now 113 he says: "I want to make up for lost time. I hope to find a wife and have children in the years I have left".

The details of Dupont's lifestyle are not divulged. However, we do know that people who live to extreme ages are never fat. They have had a high plant diet; moderate stress; and a good social network. Dupont's French prison must have done a good job. By today's lights, he had a harsh sentence. He is lucky to get a second chance; we wish him well.

Upcoming Public Events

Contact us for further details.

See 'Info' below or page 6

TALK

"Fear Not Cancer!" Revolutionary Insights for Avoidance and Recovery.

Thurs, Jan 8, 2004, 9:30 am

Mizell Senior Center

480 S. Sunrise Way,

Palm Springs

Entry: Open, Free

Info: 1-888-240-3493

Keywords: Foust, message board, aspartame, oil and steam, metabolic, Wolcott, metabolic, nightshade, coca butter, epilepsy, bite, Jerusalem artichokes, tiger nuts, lactose, Canola, Spectrum, Emile Noël, pumpkin, potato, fingerling, russet, Ligon, fraud, transfat, Monsanto, rBST, persimmon, sharon, kaki, Jean Dupont, methanol, longevity.

¹ Renaud; *Le Régime Santé*; Odile Jacob; Paris 1995.


² *Am J Clin Nutr*; 1987; 46; 204 - 15

³ French Food Safety Agency;

Assessment Report; May 7, 2002

⁴ *Journal of Orthomolecular Medicine* 1998;13:95-104.

⁵ Woodrow Monte; *Aspartame and the public Health*; *J Appl Nutr*. Vol 36, no 1, 1984.

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	
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