

NATURAL EATING NATURAL EATING NATURAL EATING**www.naturaleater.com****www.savvveater.com****www.beatcancernaturally.com****Monthly Private Subscription Newsletter – Annually: Hard Copy \$59.00 - Electronic \$18.00**

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People Say: No more Arthritis, Indigestion, Fatigue. **Human Nature:** Evolutionary Suicide Bombing. **Lifestyle Development:** Residential NE Courses. **Human Potential:** Centenarian 100 meter Record. **Q of Month:** Benecol no Alibi. **Quick Fix:** Emma's Zucchini and Tuna Gratin. **Q&A:** Breastfeeding, Chocolate and Bread; Pumpkin Seed; Detox Diet -- What Happens? **News Shorts:** Diabetes/Alzheimer's Link. **Hints & Tips:** Hard Boiled Eggs Reserve; Kids' Party Time. **Food Policy:** Atkins Corp Sued. **Vegetable Briefing:** Part I -- Underground Vegetables. **Genetics:** Dog Breeds and Human Nature. **Special Announcement:** New Center of N E Operations.

People Say**Arthritis, Indigestion, Fatigue?
-- No More**

"Once I had listened to the tapes by Geoff Bond on the Bond Effect my diet changed even more. After 3 days of being on the new diet the sharp pains in my hips had gone. My movement on and off the tennis court improved enormously. I stopped falling asleep in front of the TV. My indigestion problem cleared up and I started to feel much better about myself and I had much, much more energy."

-- Bob Birchley

[From the files of Caroline Mansfield, Natural Eating coach and founder of [The Naturopathic Clinic, London.](http://www.naturaleater.com)]

Human Nature**Evolutionary Suicide Bombing**

In his ground-breaking book "The Selfish Gene", Richard Dawkins showed how the prime mover in the "struggle for life" is the gene. Genes that inhabit bodies that don't succeed, don't get passed on.

This led to the remarkable discovery that genes are programmed to help copies of themselves that reside in other bodies. All creatures are more likely to help kin (who carry many identical genes) than strangers.

Such genes work through our *feelings*. They make us *feel* more like laying down our lives for our children rather than for complete strangers. **Continued Page 4**

N E Lifestyle Development**Residential Courses in Cyprus**

Holiday with us and combine beautiful ocean scenery, perfect climate, deeply historic civilization and Bond Effect skills.

We are now taking clients on a one-on-one basis for residential courses. You will be lodged next door to us in our upscale one-bedroom self-catering guest apartment. It is right on the shoreline (see picture) in the ancient Mediterranean town of Paphos, Cyprus. We tailor the program and bookings to suit your schedule. [View more details on the web.](http://www.naturaleater.com) Or tel Nicole +357 99 43 73 28 or email: info@naturaleater.com

Human Potential**Centenarian 100 meter record**

A 100-year old South African, Phillip Rabinowitz, set a new world record for his age group in the 100 meters. He ran the distance in 28.7 seconds. That's 8 mph -- a good gallop.

This kind of dash was important in our Pleistocene past to escape predators, both animal and human. How many of us half Phillip's age could outrun an angry crocodile?

Question of the Month**Benecol no Alibi**

Q. *I am desperately trying to lower high cholesterol and am now trying 'Benecol yogurt drink with Plant Stanol Ester'. What do you think?*

A. The pharmaceutical giant, Johnson and Johnson (J&J), saw a huge market for a product that could be sold to the public as blocking the digestion of cholesterol in their food.

Already this is a false premise: as we never tire of saying, people have high cholesterol levels because their bodies are making it -- not because they are eating it. Their bodies make it when, irritated by sugars and bad carbohydrates, they drive insulin sky-high. But this did not deter J&J.

They came up with the artificial substance, Benecol (a kind of synthetic fat made from plant stanol esters). It does indeed slow down the digestion of cholesterol and it was originally sold as a margarine to put on bread. This is ironic -- the bread alone will be enough to irritate the body into making its own cholesterol!

Now J&J has come up with another wheeze: the promotion of Benecol drinks and yogurts. Presumably, if you consume them at the same time as a bacon and cheese wrap, it will stop your body absorbing the cholesterol in these items. Do we really need to wag our fingers and say, "bacon and cheese wraps have far more wrong with them than just cholesterol"? (See Atkins Corp Sued, page 3.) **Continued Page 4.**

Quick Fix of the Month

**Emma's Zucchini and Tuna
Gratin**
YYYY
serves 4

Ingredients:

- 2 lbs. (approx. 1 kg) zucchini (courgette) unpeeled, thinly sliced
- 8 oz (225 g) red onion, thinly sliced
- 1 T. (15 ml) olive oil
- 4 cloves garlic, crushed
- $\frac{1}{4}$ tsp. hot chili sauce
- 3 tsp. "Herbs of Provence"
- salt to taste
- fresh ground black pepper to taste
- 1 tsp. lemon juice
- 5 eggs, high omega 3, free range
- 2 cans (6.5 oz, 185 g, net wt. each) tuna, no salt added, drained

Method:

Sauté the onions.

Mix in the garlic, the chili sauce and sauté all together.

Add the zucchini and salt and pepper to taste.

Sauté for approx. 30 minutes, or until done.

Mix in the lemon juice.

Beat the eggs in a mixer. Salt and pepper to taste.

Mix in the tuna and then add the vegetable mixture (non-drained).

Place the preparation into an oiled baking dish and bake at 350° F (180° C) for approx. 20 minutes or until done.

Comment:

The challenge of making zucchini into a flavorful dish is successfully achieved by the judicious choice of spices. Overall, the dish is a good balance of plant food and animal matter.

Questions

All these questions come from readers. Your queries are welcome. Contact: info@naturaleater.com

Suckling, Chocolate and Bread

Q. *I am currently breastfeeding and want to start on the Natural Eating way. My constant cravings for bread and chocolate made me realize I have to change something. Are toxins being passed on to the little one?*

A. Congratulations on breastfeeding - try to keep it up as long as you can, even if you have to augment it with baby food.

You are right: what you eat usually ends up in the breast milk, which is why it is important to eat wisely yourself. We know that you want to do the best for your baby and that it is easy to get overanxious. We have several mothers who have conceived, gestated and nursed the Natural Eating way: they all had wonderful results.

It is certainly better if you can cut down on the bread and grains as much as possible. Each time that you are tempted to consume some, think of their antinutrients as having the same effect on your baby as a glass of gin. Avoid dairy, particularly milk (from any creature) for the same reasons.

Make sure that you have emptied your larder of omega-6 oils (corn, peanut, sunflower, safflower etc) and that you are getting enough of the omega-3 oils (sardines, mackerel, trout, flaxseed, first pressing rapeseed, walnut etc...).

Do these things and your breast milk will have a composition that is ideal for baby. We have no problem with chocolate **IN MODERATION**, provided it is of the dark, low sugar sort.

Sometimes you hear scare stories about pollutants: ignore them. The advantages of breast feeding far outweigh any possible drawbacks of this kind.

Pumpkin Seed

Q. *I have been eating pumpkin seed for a few months because they taste good and I have read they are healthy. I noticed, however, that they have a very high ratio of omega 6 to omega 3. What is your take on tasty but high omega-6 pumpkin seed?*

A. Fresh pumpkin seeds contain a wide range of minerals and vitamins and they are rich in fat (some 45%). In fact they have a very similar profile to tree nuts such as almond and pistachio. As you say, the active fats are chiefly omega 6 (some 20%). The all-important omega 3 is a scarcely measurable 0.2%.

We do not know if pumpkin seeds contain antinutrients, but it is unlikely. The pumpkin, squash and gourd family go right back to our Pleistocene past; humans are probably well adapted to them.

Our View?

Make sure you are consuming fresh pumpkin seed, not roast and/or salted. We don't need the oxidized omega-6 in our bodies, or the gratuitous sodium. So eat pumpkin seeds like raw tree nuts or sprinkle a few onto a vegetable dish for flavor or garnish.

Detox Diet -- What Happens?

Q. *We went on a "Detox Diet" for five days, consisting only of raw vegetables, fruit and water. We felt tired for 48 hours and suffered headaches for 72. By the fifth day we both felt refreshed and invigorated.*

1. *Do you recommend such a regimen?*
2. *Why the headaches?*
3. *What has our body done to cleanse itself?*
4. *What nutrients were we missing?*
5. *Was five days sufficient?*

A. It is interesting how people think of a raw vegetarian diet as 'cleansing'. It is of course, but why get your internal workings dirty in the first place?

Have you ever put diesel fuel in your car by mistake? When you get your car back from the garage you make very sure to put the right fuel in the tank **ALWAYS**.

Lifelong Eating Habit

1. So in answer to your question 1, we recommend a sustainable lifelong diet -- the Natural Eating one. The regimen you followed was like an extreme version but was missing out on some animal matter.

Drug Withdrawal

2. There are a number of reasons why you got headaches and fatigue. Mainly they are withdrawal symptoms from the drugs caffeine, alcohol, sugars and bad carbohydrates. Your body, once it has adjusted to their

absence, will run smoothly, even joyously, like a well-oiled bicycle.

Overload Waste Disposal System

3. London recently suffered torrential storms and raw sewage flowed into the Thames. The reason was simple: London has a sewer network that is designed for all normal circumstances. In abnormal circumstances, the sewers can't cope and they just have to let everything go without treatment.

So it is with our bodies. Our bodies produce noxious waste in the normal course of operations. This poses no problem to our health: our bodies are designed for it. However, if there is a torrent, an abnormal stress put on the system, then toxic matter is free to wander around the body causing mischief.

With the typical Western diet, every day is a torrential one. That is why we say, return to the 'normal' situation. Eat Naturally, and allow the body to deal with naturally arising toxins without fuss.

Nutrient Shortfall

4. You probably missed very few nutrients. There is only one that cannot be obtained from plants, vitamin B12. That is why vegans have to supplement with it. Those who don't? They suffer blindness, even death (Newsletter April 2000). Your body will have large stores of vitamin B12 which can last many months, so during this short diet you ran no risk.

Enough's Enough

5. Five days were enough, provided you did not go straight back to your old ways. You should move on to The Natural Eating program: it even has some latitude for the 'luxuries' -- just don't overload those sewers!

News Shorts

Diabetes/Alzheimer Link

Diabetes has been linked to a great number of illnesses. Now it claims another victim: Alzheimer's disease. Researcher Zoë Arvanitakis¹ find that insulin stimulates a protein called 'tau' which tangles brain cells into Alzheimer knots.

This connection augurs badly for the future. In a recent study², James Boyle of the Centers for Disease Control predicts that the number of Americans with diabetes will double

from 12 million to 24 million within 25 years.

Hints & Tips

Hard Boiled Eggs in Reserve

Don't be caught short on quick snacks when you have to go out in a hurry. Make sure you have some hard-boiled eggs made in advance for emergencies. Date them with a felt-tip pen -- that will also tell you that they are cooked ones. They will keep for a week in the fridge.

Kids' Party Time

It is always a challenge when your child goes to another's birthday party. One strategy is to let the host know that your child is intolerant to sugar and sugary foods. This is not even a white lie; strictly speaking everyone at the party is intolerant to these things.

Then bring a range of healthy foods to the party so that every child can have some. Suggestions: raw nuts, hard boiled eggs, washed and prepared radishes, field cucumbers, cherry tomatoes, baby carrots and celery sticks.

Food Policy

Atkins Corp Sued

Jody Gorran, 53, has sued the promoters of the Atkins Diet, saying the low-carb, high-fat meal plan clogged his arteries and nearly killed him. "I was seduced with a bacon-wrapped cheeseburger to blindly follow the Atkins Diet", he said.

Gorran started the diet in 2001. In two months his cholesterol rose from a normal 146 to an unhealthy 230, and by October 2003, he needed angioplasty to clear his arteries. "I came very close to dying, and this is from a diet I thought was marvelous," said Gorran.

Our View? We do not sympathize with people seeking compensation for their own folly -- "bacon-wrapped cheeseburgers" indeed.

On the other hand, the Atkins diet probably killed Atkins himself (see last month's newsletter) and, even when dieters follow the small print (which most do not), it is still not a healthy way to live.

Vegetable Briefing -- part I

We take it for granted that vegetables have been a part of human existence

since the dawn of time. However, all that what we eat today is quite new to the human diet. Does it matter? Here, in part 1 we look at vegetables from under the ground: Roots, Bulbs, Corms and Tubers.

A large percentage of our ancestors' food supply came from vegetation that was levered out of the ground with a digging stick. Today we still eat many foods that grow underground. However, they all have their origins in geographical areas outside our African homeland. Roots are one category of underground vegetable. They are plants such as turnip and radish which both originated in Asia, beet from southern Europe, parsnip from temperate Europe and carrots from Afghanistan. Bulbs are a second category: onion and garlic originated in Asia and leek from the Middle East. Yet another category concerns the corms; an example is the Chinese water chestnut. These are all fine additions to our food supply.

However, it was a tuber from the New World that was to relegate all Old World root vegetables to minor players -- the potato. The Spanish conquistadors brought it from Incan Peru in the 16th Century. A relative of the tomato plant, it was a small, wrinkled tuber, rather like a walnut.

For a long time Europeans did not know what to do with it. Some farmers grew it to fatten pigs. Then, in the 1800's, the British blockaded France in its war with Napoleon. Their regular foods were in short supply, so the continentals developed ways to incorporate potatoes into their diets.

In this way, only in the last 200 years, did potato enter the diet. But its success was immediate, widespread and rapid. It has relegated every other root vegetable to the sidelines. However, as we shall see, this has not been a beneficial development.

Next Month: *Vegetables from above ground.*

Genetics

Dog Breeds and Human Nature

Latest DNA analysis shows that greyhounds, collies and St Bernards are closely related to each other: they have 'herding' personalities.

The oldest group of dog includes the Siberian husky, the Alaskan

malamute, the Chinese shar-pei and the Japanese akita.

The hunting genetic personality group includes the bloodhounds and golden retrievers. The guard dog personality group includes bulldogs, boxers and rottweilers.

Some breeds of dog are fakes: the pharaoh hound is not descended from Ancient Egyptian breeds. Genetic analysis shows them to be European re-creations of the original breed.

It is curious how we accept that different breeds have different temperaments -- yet deny the possibility that the same thing has happened to humans.

The child psychologist, Jerome Kagan at Harvard University, has ventured into this territory fraught with political correctness. He does indeed find that different breeds of human have different personalities. We look at his findings next month.

From Page 1

Human Nature

Evolutionary Suicide Bombing

Dr Hector Quirko, anthropologist at Tennessee University, points out³ that the Moslem jihadists (warriors for Islam) resort to family terminology. They call each other "brother", they refer to Osama Bin Laden as "Elder Brother" and during their training they are grouped into "families". These fictive "kin" provide the psychological bridge to self sacrifice. They are

mentally conditioned for suicide in their cause.

How do we identify those who share our genes? There are many cues: relatives are those we know from childhood, they look like us and they are those who we address in family terms.

In fact many religious orders use similar "kin-cue manipulation". They wear distinctive garb, address each other as "brother", "sister" and "Holy Father". If all these people were really your relatives, the whole group of them added up would contain more identical genes than you do yourself. They would indeed merit your self-sacrifice -- if it came to a stark choice between your survival and theirs.

As the pioneering geneticist W.D. Hamilton once said in illustration: "*I would lay down my life for two brothers or eight cousins, but not just one nephew.*"

In the Moslem jihad, the mullahs skillfully alienate recruits from their real families so that they embrace the "fictive family" -- one whose "elder brother" sends them to their death.

Such groups are plugging into the psychological legacy of our Pleistocene past. We would be born into a band of about 50 people, all of whom would be closely related and for whom we would have a fierce loyalty - but equally fierce antagonism against members of outside bands.

Question of the Month

Benecol no Alibi

But there is more. The same property that blocks digestion of cholesterol also blocks digestion of important nutrients. According to researcher F.M. Fouad and colleagues⁴, Benecol blocks absorption of omega-3 fatty acids and vitamins A, D, E and K. People who consume Benecol are much more likely to suffer deficiency disease such as skin problems, stunted growth, bursting red blood cells, infertility and blocked cell energy.

Our view?

Peoples around the world who eat like humans were designed to eat don't have high cholesterol levels. Eat like an Okinawan, San Bushman, Australian Aboriginal or a Cretan and you are well on the way. Follow what we say and you achieve the ideal. Stop looking for the alibi -- there are none. Just eat as humans were designed to do and the cholesterol will work out just fine.

Special Announcement

New Center of NE Operations

As many of you will know, because of visa restrictions in America, we have moved our center of operations from Palm Springs, CA. to Cyprus, (eastern Mediterranean). This upheaval has led to a delay in publishing this newsletter for which we apologize. The backlog will be eliminated shortly. Our updated contact details are given at the bottom of this page.

¹ Archives of Neurology; May 2004

² Diabetes Care 24:1936-1940, 2001

³ Science, Letters; May 25, 2004

⁴ Med Hypotheses. 2004;62(2):257-67.

RESOURCES	Qty	US\$	Total	Name:
The Book: The 'Bible' to Natural Eating.		19.95		
The Guide: Natural Eating in a nutshell		7.95		Address
Healthy Cooking with the Bond Girl		17.95		
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