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Nutri-Anthro Briefing**Health of the Nation****Buyer Beware****The Dairy Story
Part 3: The Habit Sickens**

In part 2 last month, we saw how nomads of the Ukrainian steppe invented dairy farming and spread the habit to the north-west Europeans and their descendants in the English-speaking world.

It is a surprise to discover that the vast majority of the world's population (some 5 billion out of 6 billion), from Africa to India, China to Japan, Latin America to Polynesia, had no idea about dairy until the last 50 years. That is until Western interests, constantly in search of new outlets, aggressively entered these 'untapped' markets.

Dairy Sickness

However, they hit an unexpected difficulty: these new potential consumers not only thought that dairy consumption was a bizarre and grotesque practice, but they also found that it made them sick.

We now know that dairy products make all humans sick -- it is just that Caucasians are slightly more resistant to the stress.

Why are dairy products so bad for the body? What are the *consequences* of dairy consumption? There are two problems: a) milk from any creature is simply no good for the non-baby of any species and b) even the way the milk is produced makes it worse (see "Milk Fat" page 4).

Continued Next Month**Child Obesity Time Bomb****A 4 year old weighs in at 8 stone**

This 112lb (50kg) toddler-waddler is an extreme example of childhood obesity. He has been given a terrible start in life. His immature body has locked-in a crazed biochemistry.

He will always be struggling to fight off obesity, heart disease, diabetes, high blood pressure, cancers, gall stones and a whole range of degenerative diseases.

Continued: page 4**Sorcerer's Apprentice****Antibiotics/Breast Cancer Link**

Over a 17-year period, women who took more than 25 antibiotic prescriptions had **DOUBLE** the risk of breast cancer according to researcher Christine Velicer¹. She theorizes that the antibiotics, by trashing colon health, undermine the immune system. Our view? Of course! **See "Lungs" page 2.**

**Coca-Cola's Expensive
Cancerous Tap Water**

"As pure as water gets" claimed Coca-Cola as it launched its new bottled water 'Dasani'. But they were soon ridiculed when it emerged that Dasani was nothing but bottled London tap water (first reported in our newsletter, October 2003).

They even had the effrontery to sell it for 95p (\$1.75) a bottle when the utility, Thames Water, provided it to Coca-Cola for 0.03p (0.05¢) -- a 300,000% mark-up.

But the ridicule gets worse: during the "highly sophisticated" purification process, Dasani became contaminated with bromate, a cancer-causing chemical. Coca-Cola had to withdraw more than 500,000 bottles of its "enhanced" water from UK shop shelves.

Now Thames Water, supplier of the Dasani plant in the London suburb of Sidcup, is in the bizarre position of having to reassure householders that its tap water is safe to drink.

Water inspectors have been telling us for years that UK tap water is at least as good as the mineral equivalent. It turns out that 40% of bottled mineral water is nothing more than processed tap water.

(See also "Water not a Miracle Cure" - page 3)

¹ Journal of American Medical Association; February 18, 2004

Recipe

This is a tasty way to introduce that wonderful vegetable, raw turnip, into a salad.

Grated Turnip Salad



Serves 4 to 6

Ingredients

1½ lb (750 g) Turnip, preferably organic
2 tbsp. Parsley, chopped
5 tbsp. Dressing

Dressing

8 fl oz (1 cup, 230 ml) Rapeseed (Canola) oil, organic, cold pressed.
1 tbsp. Lemon juice
4 tbsp. Vinegar (preferably wine)
2 clove Garlic, crushed
2 tsp. Mustard powder
1 tsp. Fructose
salt and pepper

Method:

Grate the turnips finely and place them in a bowl with the chopped parsley.

Put the dressing ingredients into a closable jar and shake well.

Pour approx 5 tbsp of the dressing over the grated turnip and toss thoroughly.

Transfer the salad to a serving dish and chill lightly before serving if preferred.

Comment

Turnip is one of those prized vegetables that are rich in the colon-healthy compound, 'inulin' -- see "Inulin Rich Roots", page 3.

Questions

Supplements/Food Nutrients

Q. *How can I ensure that I am getting the nutrients I need, and will I need to take any supplements?*

A. We are accustomed to being told to worry about "getting our calcium, our vitamin C, our vitamin A, D, E, iron, selenium..." and so on.

Most people eat huge amounts of 'food' yet are suffering diseases that are caused by DEFICIENCIES of micro-nutrients.

The food deficiencies are caused by the overconsumption of the wrong TYPES of foods -- foods that humans were never designed to put in the body -- and which crowd out the right types of food.

The biggest culprits in this regard are starches (grains, potatoes, bread, pasta etc...), dairy products (milk, cheese, yogurt etc...), bad saturated fats (butter, ice cream, hydrogenated and trans fats etc...) and omega-6 vegetable oils (notably corn oil, sunflower oil, peanut oil etc...).

The right types of food are plentiful amounts of 'good' plant food, examples are listed in the Natural Eating book, Annex 1, table 1; and moderate amounts of raw, unsalted nuts and 'good' animal matter such as poultry, wild game and fish -- see Annex 1, table 2.

Just structure your food intake in accordance with the recommendations of the 'Golden Rules' in chapter 6 and you will do just fine. Your body will get all the nutrients that it needs.

Fruit and Fruit Sugar

Q. *Is it really so beneficial to eat so much fruit on a daily basis? Isn't there a problem with sugar?*

A. You are right to question the abilities of fruit to give a blood sugar rush. Fruit have been bred for millennia to have extra plumpness, color and sweetness.

The fruits available today are quite different species to those of our ancestral homeland. They are more watery, less fibrous, much sweeter, less woody and, most importantly, their sugar profile is a lot worse. They tend to be dominated by high glycemic glucose rather than low glycemic fructose.

This is why we emphasize strongly the need to focus on low glycemic fruit (Natural Eating Book, Annex, Table 5). But the goalposts are ever shifting: new varieties of apple (e.g. pink lady and gala) are even sweeter and have not even been tested for glycemic index yet.

We are now recommending that fruit be eaten in moderation as a small snack between meals. If you have a sugar-sensitive disease such as diabetes or candida, then you should avoid fruit (and all other glycemic foods) for two months while your body stabilizes. Instead, focus more on salads. Include plenty of variety, such as chopped broccoli, cabbage, radish, celeriac, Jerusalem artichoke and the like.

Fruits and Conflicting Theories

Q. a) *On the "Fit for Life" diet I ate only fruit in the morning and felt cold and shaky.*

b) *In Traditional Chinese Medicine, Parkinson's disease is diagnosed as a "liver meridian problem". Further, they say that fruit cools the system way down, especially in winter.*

c) *According to "metabolic typing" I am a "protein type" and have been advised not to eat too much fruit.*

Can you clarify these conflicting dietary theories?

A. I can understand your confusion in reconciling mutually incompatible 'theories' (your word) such as Metabolic typing, Blood Grouping, Vedic or Chinese medicine.

In our field we work on *evidence* -- however much it discomfits fondly held theories. We leave the doctrinal interpretation of these theories to those who believe in them.

On the other hand, we *observe* that, in the wild, gorillas, cats, canaries, horses etc, do not eat according to their blood group or metabolic type (yes, they have them too!); they know nothing about theories of self medication if they fall sick.

These creatures simply keep on moving in their naturally adapted feeding environment. It is finely tuned to the workings of their bodies. They just put the right 'gas in the tank' for their species and let their bodies work at top efficiency to sort things out.

That is what the human species needs to do to -- and that is what we attempt to explain in our Natural Eating principles.

Lungs -- No Magic Bullet for Smoke Damage

Q. *What do you think of mgn-3, put out by Lane laboratories? It is extracted from certain mushrooms and claims to have huge success in boosting the immune system. Healthy Natural Eaters would not need this, but would it be helpful for smokers who have damaged their lungs?*

A. mgn-3 sounds like a promotion for the original snake oil. "Magic Mushroom" extract indeed!

The immune system is, rather, a complex SET of systems and it works at top efficiency when our lifestyles are in harmony with how it was

designed to function. There are no single 'magic bullets'.

The recommendations in our Cancer Special are almost entirely focused on getting the immune system up to speed. Try to get as many of those items in place as you can, even if you cannot give up smoking.

To take one example: the colon performs a vital role in keeping the immune system in tip-top condition. To do that, the right kinds of residues have to come down from your mouth. The human body is designed to receive plentiful quantities of the fiber-like compound *inulin*. (See "Inulin", page 3)

Draw comfort from the fact that the Japanese have the longest lives in good health in spite of being very heavy smokers. This is because they have many other good lifestyle habits.

Stature of Ancient Humans

Q. *I have difficulty believing your assertions that human stature was greater in the past than it is today. We can all think of midget-sized medieval armor and low castle doorways.*

A. We dealt with this question at length in our newsletter of August 2000. We are talking not of 1400 AD medieval stature, but 50,000 BC prehistoric stature

Evolutionary ecologist, Vittorio Formicola from Pisa University and historical biologist, Christopher Ruff of Johns Hopkins Medical School have each produced impressive evidence^{2,3} that our ancestors not only were taller but also had bigger brains back then. They put this down to a diet that was copious in the right kinds of plant food and small game.

Since the farming revolution around 10,000 BC, stature has been reduced (a) by the consumption of grains, which are heavy with antinutrients (such as lectins) that depress human growth hormone, and (b) by dietary deficiencies. Both these factors stunt growth. Our modern diets, although abundant, do not correct these faults.

Ideal Standard Diet?

Q. *Is it possible to define a basic Natural Eating menu which is the same for every day?*

A. No. Very few species can live on such a restricted diet. We are not like the koala bear living just on

eucalyptus leaves, or the panda that just eats bamboo.

Rather, we have a great similarity with the baboon and chimpanzee who are at the other end of the spectrum. They sometimes travel many miles into different vegetation zones to introduce variety into the diet.

Variety is doubly important in our world of industrial farming. Even lettuce is best obtained from an assortment of sources to even up the chances of getting all our nutrients.

The best guide is to follow the Golden Rules in the Natural Eating book, page 103.

Water not a Miracle Cure

Q. *Did you ever think about using water for nutrition? Dr. Batmanghelidj - an Iranian-American claims that "water drinking" is most important for human health.*

A. Life cannot exist without water -- agreed. However, just in the past two decades, all kinds of wild claims have been made for water.

We debunked these under the title "Modern Myths" in our September 2002 newsletter.

Humans are adapted to the mucky liquid coming from water-holes visited by elephants, crocodiles, snakes, flamingoes and other creatures of the African Savanna.

The slogan 'drink 8 glasses a day' was dreamt up by Perrier for a successful marketing campaign in the 1980's. We now live, quite falsely, in terror of not drinking enough water.

Other water manufacturers jumped on the bandwagon with so-called special-property waters: 'mineralized'; 'ionized'; 'magnetized'; 'polarized' -- a whole range of sales gimmicks to gull the public. You only have to see how Coca-Cola tricked the consumer with its Dasani water (page 1) to understand how they play on our credulity.

The bottom line is that we need only drink when thirsty -- and potable water out of the tap is just fine.

High protein diets require unnaturally high water intakes. (The Eskimo drinks prodigious amounts of water.) High carbohydrate diets also make you thirstier, as do salt and caffeine consumption. Just know that the more you eat the Natural Eating way, the less water you will need.

Europeans' Cold Adaptation

Q. *Last month you examined the finding⁴ that people from cold latitudes have genetic mutations that channel more calories into heat production and fewer into metabolism. What are the health consequences?*

A. The researchers, Ruiz-Pesini and his colleagues, have drawn some initial conclusions. They say that, on average, people with cold adaptations suffer less from Parkinson Disease and have longer lifespans.

Those with tropical adaptations suffer less from Alzheimer's disease and multiple sclerosis.

Ruiz-Pesini explains that lower metabolism (cold adaptation) reduces wear and tear (oxidation damage) in cells which in turn reduces both ageing and also damage to nerve cells. On the other hand, the deficit in energy production increases likelihood of diseases like Alzheimer's and multiple sclerosis.

The researchers make the point that, "to understand our predisposition to modern diseases, we must understand our genetic past, the goal of the new discipline of evolutionary medicine".

Hints & Tips

Get Control of Food Supply

It is hard enough to swim against the tide, but virtually impossible if you leave control of your food supply to others.

It is vital that you either purchase and prepare your own food, or persuade those who do it for you to adopt the Natural Eating precepts too.

Nutri-Anthro Briefing

"Inulin" Rich Roots

Did not a large percentage of our ancestors' food supply come from vegetation that was prized out of the ground with a digging stick?

A little known, but common characteristic of all these foods eaten by these ancient foragers is that they were *low in starch*. Instead, the plant's food reserves were stored as a compound called *inulin* (not to be confused with the hormone 'insulin'). Unlike starch, inulin is slowly absorbed and does not produce blood sugar spikes.

That is how our bodies are designed to work. Modern tubers that fit this description are turnip, radish and Jerusalem artichoke. Bulbs such as onion, garlic and leek are just fine too. Corms (a kind of solid bulb) like Chinese water chestnut, are also good. Inulin is present in the stalks and leaves of plants too, notably celery.

Inulin resembles soluble fiber and works wonders for colon health. Researcher Connie Weaver from Purdue University reports⁵ that inulin improves bone health. She attributes this to improved calcium absorption in the colon. Inulin also improves the immune system and cholesterol.

Moral? Like our ancient ancestors, eat plenty of inulin-rich foods for good general health. See also "Lungs" page 2 and Recipe, page 2.

Buyer Beware

New Milk-fat Gimmick

Cows are descended from ox-like creatures that 'browse' on leaves of trees and bushes. It is quite unnatural to feed cows on grass or worse, corn. This is one reason why beef and milk are so full of 'bad' fats.

Now the ever-inventive dairy industry has come up with another wheeze. They have found that by feeding cows on Canola (rapeseed) oil they can 'improve' the milk fat. It has less palmitic acid (a bad saturated fat) and more oleic acid (a harmless mono-unsaturated fat).

Our View? You can't make a silk purse out of a sow's ear. Milk will always be bad for a host of reasons. We have nothing against Canola oil -- but why not just feed the cows the way Nature intended? At least the beef will be OK.

Nutri-Anthro Briefing

The Sweet Tooth Curse Part 3: Sugar Substitutes

In part 2 we saw the commercial pressure to find low glycemic substitutes for health-harmful sugar. Let's examine some of them

Aspartame (E951) also known as Equal, Nutrasweet and Canderel

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 American's Food and Drug Administration could devise⁶. The equivalent authorities around the world, including Britain and France have found Aspartame safe.

Opponents say that the methanol is poisonous and makes us sick. Hey! Let's get things into perspective: there is more *naturally occurring* methanol in a glass of orange juice than in six aspartame tablets.

The best thing is to avoid sweeteners of any kind but, being pragmatic, Aspartame, although produced in a laboratory (just like aspirin and

vitamin C) is less bad than the 'natural' alternative, sugar.

Next Month: Sucralose

From Page 1

Health of the Nation

III-Health Time Bomb

Further, his brain will have been programmed to like all the worst foods and to dislike the healthy ones.

According to Gerber's 'Feeding Infants and Toddlers Study',⁷ a third of children under 2 years consumed no plant food at all. Of those that did, French fries were the commonest 'vegetable'! 70% had sugary dessert or candy once a day and 40% had a sugary fruit drink.

Researcher Jodie Shields said that early feeding habits strongly influence children, whose food preferences are largely shaped for life by the time they are three years old.

70% of 2-year olds are overweight

Gerber finds that some 70% of 2-year-olds are overweight. This is an alarming statistic for the future of the nation. These 2-year olds are destined to have shorter lives than their parents -- and their health care will be a huge burden.

2 Stature in Upper Paleolithic and Mesolithic Europe; J. Human Evolution; (1999) 36; 319-33.

3 Ruff et al; Body Mass and Encephalization in Pleistocene Homo; Nature; vol 387; 8 May 1997

4 Science January 9, 2004; 303(5655): 223-6

5 J of Nutrition, Feb 2004

6 Am J Clin Nutr; 1987; 46; 204 - 15

7 American Dietetic Association; Jan 2004

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