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**Readers Say:** Lee Dauby. **Anthropological Briefing:** Neanderthals Matured Quickly. **Modern Challenges:** Teenage Fat. **Question of Month:** Chronic Fatigue Syndrome and Diet. **New Developments:** Residential NE Courses. **Food Additives:** Gaudy Chicken Tikka Masala. **Cooking Tips:** Jazzing up Eggplant. **Q&A:** No Alibi for Organic Cheese; Wheat Grass Juice; Juicing – What are Teeth For?; Nitrates and Radish; Hot Climates and Salt; Knees, Jogging and Arthritis. **Editorial:** Kids are not Born with the Ability to Make the Right Food Choices. **Hints:** Get your Teeth Fixed. **Food Policy:** New USDA Food Pyramid. **News Short:** Obese Children's Arteries Same as Heavy Smokers'.

**Readers Say:**

“Thank you again for all the wonderful information you give us each month.” - *Lee Dauby*

We know how hard it is to maintain clarity of thought when we are bombarded by so much misinformation. The monthly newsletter plays an important part in clearing up confusing messages and keeping our mind focused on the truly important principles.

**Anthropological Briefing****Neanderthals Matured Quicker than Humans**

Neanderthals' teeth developed faster than their human cousins, new research has revealed<sup>1</sup>. This means that Neanderthals reached maturity at 15 years old, around three years earlier than our early human ancestors.

José de Castro of the National Museum of Natural Sciences in Madrid, Spain, and Fernando Rozzi at the CNRS Center for anthropological sciences in Paris, France, compared the number of rings in the enamel of 150 fossilized Neanderthal teeth with those of ancient humans.

They calculate that Neanderthal's teeth developed 15 per cent faster than those of early European humans, known as Cro-Magnons.

The tooth evidence is the latest to argue against the idea of a close relationship between Neanderthals and Cro-Magnons. Both of them lived in Europe before Neanderthals died out around 30,000 years ago.

**Modern Challenge****Teenage Fat**

© Sugar Magazine

Look at these slabs of lard. This is the amount of fat eaten by the average British teenager in a week – 690 grams (1½ lb). It is no surprise that child obesity and child heart disease are becoming major problems. (See 'Obese Children's Arteries', Page 4).

Contrast this with the fat ration during WWII of just 2 oz (60g) per week. That is only 10% of current consumption – and the British have never been as healthy since.

**Question of the Month****Chronic Fatigue and Diet**

**Q.** *Can Natural Eating help Chronic Fatigue Syndrome (CFS)?*

**A.** It sure can. There are strong links between CFS and a number of dietary errors. The 'usual suspects' wheat and dairy are the first major category. Food intolerance is the mechanism by which they do the damage. A number of studies (including those by the Australian researchers Emms, Robers and Butt<sup>2</sup>) have shown remarkable results... **(Cont. page 4)**

**New Developments****Residential NE Courses**

Many of our clients have expressed the need for residential schooling in the Natural Eating lifestyle.

Further to our announcement of June 2003, Geoff and Nicole Bond's independent guest accommodation will be opening for business in August on the beautiful and historical holiday island of Cyprus. It is right on the shoreline with magnificent views across the limpid, blue Mediterranean. Be lulled to sleep by the lapping of the waves!

Anyone interested in anything from a couple of days to a week or more of leisurely, cultured, relaxed holiday, with light daily tutoring, is invited to contact us: [info@naturaleater.com](mailto:info@naturaleater.com)  
 +44 (0)20 8959 2110

**Food Additives****Gaudy Chicken Tikka Masala**

57% of UK's Indian restaurants use illegal levels of the food dye chemicals Tartrazine (E102), Sunset Yellow (E110) and Ponceau 4R (E124). They blame customers who expect the dish to be brightly colored. Instead, restaurateurs ought to return to traditional, subtler and healthier ingredients such as turmeric, saffron and paprika. Chicken tikka masala is now the most popular restaurant dish in Britain, ousting fish and chips and shepherd's pie.

1. Nature; vol 428, p 936

2. Emms TM, Robers TK, Butt HL, et al. Abstract #15; American Association for Chronic Fatigue Syndrome conference. January 2001. Seattle, WA.

## Cooking Tips

### Jazzing up Eggplant

This is a good tip to improve the flavor and cooking quality of eggplant (aubergine).

The cut surfaces of eggplant behave rather like blotting paper and soak up the first liquid that they meet.

So when you are roasting or grilling eggplant slices, dunk them first in balsamic vinegar. This soaks into the eggplant and provides a barrier to the olive cooking oil. In this way, the eggplant slices brown beautifully without being too greasy. They have a delicious flavor too.

## Questions

All these questions come from readers. We welcome this opportunity to bring clarity to the application of Natural Eating principles. Contact us at [info@naturaleater.com](mailto:info@naturaleater.com)

### No Alibi for Organic Cheese

**Q.** *I love cheese, but rarely if ever eat it any more. Dr Mercola is promoting Meadow Maid cheese -- <http://mercola.com/forms/cheese.htm>. He claims that it is healthy because it is made from organic grass-fed cows' milk and contains good levels of omega-3 oils. What do you think of Meadow Maid cheese?*

**A.** Not a lot. Dr Mercola seems to have suspended his good judgment in favor of the juicy income from a high-pressure sales pitch.

He employs a classic example of illusionist's 'misdirection'. Mercola gets us to focus on the omega-3 content of this new cheese, when this was never a factor for criticizing cheese anyway.

All cheeses, including Meadow Maid, contain only tiny amounts of both omega-3 and omega-6 oils. The big problems have not gone away. They are (a) the saturated fats and (b) the cheese proteins (caseins and lactalbumins).

These are jointly responsible for all those illnesses that we are so familiar with: heart disease, cholesterol, obesity, depressed immune system and so on. Wisely, Dr Mercola makes no claims on these grounds for his grass-fed cheese.

**Our View?** Cheese, in all its forms is to be avoided. If you want to have a lapse, choose your occasion wisely. Maybe you are in France and you are offered an authentic ripe Camembert and a glass of Bordeaux. Enjoy a portion, guilt-free, and move on.

### Wheat Grass Juice

**Q.** *In your last newsletter you note that "wheat in any form is not good for us..." Does this apply to wheat grass juice?*

**A.** No. In that article we were thinking of the grain – it did not occur to us that people might want to eat the stalks!

But you are right to point out that wheat grass juice exists too. It has long been promoted as a remedy for various conditions. It has been shown to help with rheumatoid arthritis, bowel ulceration (colitis) and fibromyalgia.

Wheat grass juice is rich in micronutrients such as carotenoids and flavonoids which, of course, are also present in just about all fruits and non-starch vegetables.

We do not have a particular objection to wheat grass juice – but why bother? Humans were never made to eat grass. Just eat your fresh plant food like we say and you will get the same benefits in a cheaper and more effective way.

### Juicing – What Are Teeth For?

**Q.** *I would like your comments on juicing plant food in general.*

**A.** We advise against it. By juicing, we are subjecting a live food to a violent form of processing. Enzymes are released in a chaotic way and already some of the nutritional benefit is lost.

Juicing by-passes important biological functions such as biting, chewing and swallowing. It is possible to swig down a pound of juiced plant food in a few seconds. Our brains and stomachs simply do not register that we have consumed a large meal. Such a meal would normally take

several minutes to absorb. Our teeth and gums do not get the stimulation that they need. Mouth hygiene is compromised. We do not feel *satiated* in the same way.

There are special cases: cancer patients often cannot hold down raw food, and people with poor teeth often cannot chew some raw foods. In these cases juicing is certainly the lesser of two evils. Also, see "Get your Teeth Fixed" on page 3.

### Nitrates and Radish

**Q.** *I hear that radishes accumulate nitrates in their flesh. Should I be worried?*

**A.** No, but you are right to think about it. There have indeed been health concerns about nitrates in food: it is possible for the body to convert it into compounds that, in theory, might provoke stomach cancer.

Many vegetables accumulate nitrates but the levels vary widely according to many factors: time of year, fertilizing practice, plant variety, sunlight and so on. For the purposes of calculating risk to the population, food authorities take conservative averages.

For example, the nitrate content of lettuce can be as low as 90 milligrams (mg) per kg and as high as 3520 mg per kg; the authorities work on an average of 1600 mg per kg. Similarly, for spinach the average is 1100 mg per kg and radish is 2100 mg per kg.

On the other hand, most other vegetables contain much lower concentrations: cabbages (338 mg/kg), carrots (97 mg/kg), cauliflowers (86 mg/kg), Brussels sprouts (59 mg/kg), onions (48 mg/kg) and tomatoes (17 mg/kg)

Organic vegetables have lower concentrations of nitrates – but not by that much. Natural manure is also rich in nitrate – as it has to be if it is to be an effective fertilizer.

The European Union (EU) has proposed an ultra-cautious upper limit for nitrate intake of 3.65 mg per kg body weight. This corresponds to 255 mg per day for a 70 kg (154 lb) adult.

The EC devised these nitrate limits to protect us from stomach cancer. They based them on the "precautionary principle". That is, they err on the side of caution rather than on the basis of firm evidence.

On the contrary, there is stronger evidence *against* a link between vegetable nitrates and stomach cancer. For one thing, stomach cancer mortality has been declining steadily in most developed countries since 1950 even while nitrate levels have increased.

Studies both in Wales and in Chile found convincing confirmation. The more that people ate vegetables, even nitrate laden, the *less likely* they were to have cancer. The reason is simple: vegetables are much more powerful as cancer preventers than nitrate is a cancer provoker.

For these reasons we do not see nitrate as being a major issue. Of course, it is impossible to know just what intake you have – the natural nitrate content can vary so widely and the Natural Eater will be eating larger than average volumes of vegetation. However, the EU limits are only a guide and, seemingly, not applicable in reality to 'good' plant food.

### Hot Climates and Salt

**Q.** *I live in a hot country, should I be taking in extra salt?*

**A.** No. Geoff Bond relates the story of his first assignment to tropical Africa in the 1960's. The briefing notes advised new recruits to take salt tablets daily to compensate for the supposed salt loss in the perspiration. The tablets were the size of horse pills and made you feel like vomiting.

The skeptical old hands laughed at the idea. They were vindicated shortly after when studies on acclimatization were published. These showed that, after a few weeks in the new climate, even European bodies adapted by reducing the salt content of perspiration to virtually zero.

We also take a cue from the way our ancient ancestors lived. They ran around in a hot, steamy, yet salt-cellar-free environment. They got all the sodium that the body needed just from what was naturally contained in their food. We can do the same.

### Knees, Jogging and Arthritis

**Q.** *My doctor says I need to get more aerobic exercise but counsels against jogging in case I hurt my knees. What do you advise?*

**A.** This is a sad commentary on the state of the nation's health. We inherit

bodies that are made for scampering around the African savanna until an advanced age. Walking and running are our birthright and essential for maintaining our bodies in peak condition. Yet we have contrived to sabotage these, our bodies' vital mechanical functions.

"If you don't use it, you lose it." This is especially true for knee joints. Most people have never exercised these joints as they should be: strenuously and continuously over a full lifetime. Consequently, they are vulnerable to the sudden application of the stresses of jogging.

All is not lost. The first thing to do is strengthen the knee muscles. Can you do ten consecutive bunny jumps? If not, go to your local health center and ask the trainer to fit you up with knee strengthening exercises.

Do your workout conscientiously whether your knees feel all right or whether they feel stiff. Then gradually introduce power walking and then jogging. Do not worry if you feel some discomfort – that is a sign that you are building up the knees' resistance. However stop if there is sharp pain.

In the meantime, make sure you adhere to the Natural Eating precepts. In particular avoid the dietary errors that lead to arthritis. These are chiefly grain and dairy consumption and omega oil imbalances.

There is a lot more to know. We continue next month with strategies, obesity, stretching, Brad Pitt, nonagenarians, beauty and technique.

### Editorial

#### Kids Are not Born Able to Make the Right Food Choices

Another week, another authority makes its move to help crack obesity. Chicago Public Schools are removing junk food from their vending machines. They will ban high-sugar, high-fat snacks and fizzy drinks. Fruit juices, sports drinks and water are in.

It is a tough call for schools to relinquish lucrative contracts with suppliers but they have to be doing the right thing.

Kids are not born able to make the right food choices. They need guidance and, above all, they need

the discipline of rationing. (See 'Teenage Fat', page 1)

This move provoked accusations that the education authority is acting as a "Nanny State" but if ever intervention was justified, it is in schools. The British nation was never healthier than when the government forcibly rationed the population during WWII.

It is mindless to brand a state as 'nannying' when all it is doing is restoring Nature's balance of power – one where *all* food was hard to find and 'bad' food didn't exist at all.

### Hints & Tips

#### Get your teeth fixed

It can creep up on you. You lose a tooth, you have sore gums and you subconsciously avoid foods that give you trouble. It is surprising how many people choose their foods just according to what they can easily masticate. This means that they avoid a wide range of 'good' foods – from lettuce and celery to carrot and walnut. It is very hard to eat healthily when such foods are excluded. More, you lose the benefit of the healthy, scrubbing action of chewy food on teeth and gums.

We strongly advise people to get their teeth fixed. In the extreme, dentists can reconstruct a full set of teeth, implanted if necessary. It is expensive but a good investment. After that, look after your teeth and gums by continuing to Eat Naturally. As we learn from ancient teeth and modern hunter-gatherers, it is the best feeding pattern for optimum dental health.

### Food Policy

#### New US Food Pyramid

The pyramid, first released in 1992, is now under one of its periodic reviews. The current pyramid favors grains, pasta and potatoes above all else. These are followed by fruits and vegetables, then meat and dairy products and finally fats and sugars. "It is ridiculous to equate a serving of French fries to other vegetables," wrote Joanne Milkereit, a nutrition consultant.

Predictably, the food industry is lobbying hard. Walnut growers tout the nut's omega-3 oil. Carb-friendly industries caution against sticking them with the dreaded top of the

pyramid -- the smallest slot, reserved for foods deemed least healthy. Self-servingly the Independent Bakers Association intones, "Americans need to stop blaming carbohydrates for weight problems". The American Association of Cereal Chemists cites the bible, with references to manna from heaven and the bread of life. The United Fishermen of Alaska want the "Meat and Beans" group renamed "Meat, Fish and Beans."

Incredibly, The Sugar Association of Washington had the gall to write, "Every comprehensive review of the scientific literature continues to exonerate sugar's intake involvement in any lifestyle disease, including obesity". [My eye!]

Meanwhile, those who teach nutrition find themselves marooned on a discredited, out-of-date pyramid. They feel that their old dogmas are called into question. They don't want to admit the need for any change at all.

We stand aside from all these negotiations. The result will be just like the last pyramid: a wretched compromise between all the competing interests. Next month we will publish our own Natural Eating pyramid – the only one that counts.

**News Shorts**

**Obese Children's Arteries the Same as Heavy Smokers'**

New research shows<sup>3</sup> that obese children as young as 10 years old have arteries resembling those of

heavy smokers. They face coronary disease in early middle age.

Doctors from Hong Kong, and from the Royal Prince Alfred Hospital (RPAH) Sydney, Australia, used ultrasound to monitor children's blood vessels. They found that some of the children's arteries had thickened to look like those of adult smokers.

"It means these children are at risk of heart attack or stroke in their 40s or 50s, rather than their 70s or 80s." said RPAH cardiologist and director David Celemajer. [He is too optimistic – such children are already growing into heart disease in their twenties.]

However, there is Good News: the damage can be reversed. According to RPAH director Kate Steinbeck, experiments have shown that, "with a healthy low-fat diet and sustained exercise over one year, the children's blood vessels returned to normal."

**From Page 1**

**Question of the Month**

**Chronic Fatigue and Diet**

....when patients remove these allergic substances from their diet.

There is a strong connection between *Candida* and chronic fatigue. For example, the American researcher, R Cater obtained good remission<sup>4</sup> when patients followed an anti-candida diet (low sugar, low starch).

Chronic fatigue is linked to a poor intake of *antioxidants*. In a comprehensive review, the Canadian Alan Logan showed<sup>5</sup> that antioxidant

supplementation with vitamin A, vitamin C, selenium and alpha-lipoic acid help markedly. Even Ginkgo biloba, glutathione and micronutrients known as OPC's<sup>6</sup> have a positive effect. [Of course, we argue that you are better off getting these substances from food, not pills.]

Iranian researchers Tamizi and Tamizi show<sup>7</sup> that omega-3/omega-6 imbalances produce chronic fatigue symptoms. It is the usual story: when omega-6 dominates, inflammatory chemicals known as interleukin-1 and tumor necrosis factor disrupt the immune system. Gray and Martinovic had a 90% success rate<sup>8</sup> after 3 months just by getting an equal balance of omega-3 and omega-6 in the diet.

**Conclusion?** Just follow the Natural Eating precepts: you will cover all the CFS-beating bases:

1. No wheat or dairy
2. No starch or sugar
3. Rich in plant food antioxidants
4. Omega-3 and omega-6 oils in balance.

<sup>3</sup> International Journal of Obesity; May 2004

<sup>4</sup> Cater RE; Med Hypotheses. 1995 Jun; 44(6): 507-15.

<sup>5</sup> Chronic Fatigue Syndrome: Oxidative Stress and Dietary Modifications; Alternative Medicine Review; Volume 6, Number 5; 2001.

<sup>6</sup> OPC: Oligomeric proanthocyanidin

<sup>7</sup> Treatment of chronic fatigue syndrome by dietary supplementation with omega-3 fatty acids; Med Hypotheses. 2002 Mar; 58(3): 249-50.

<sup>8</sup> Eicosanoids and essential fatty acid modulation in chronic disease and the chronic fatigue syndrome; Med Hypotheses. 1994 Jul; 43(1): 31 -42.

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