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**Anthropological Briefing:** Barbie shaped Women More Fertile. **Food Policy:** Natural Eating Food Pyramid. **Q of Month:** Calcium Pill for Bone Health? **Activism:** Sue for Soy Sicknes. **Recipe:** Eggplant Caviar. **Q & A:** Sainsbury's 'Freefrom' Anti-allergy Crispy Bars; Rye Crispbread Not a Solution; Knees, Jogging and Arthritis (Continued); Poulain's 'Ligne Gourmande' Chocolate with 2% Sugar; Period Pains. **Buyer Beware:** Galaxy Instant Hot Chocolate Drink. **Hints:** Lose the Bread. **Food Policy:** Transfat Unsafe at Any Level; Carbohydrate Limits Lowered. **News Shorts:** Atkins Had Heart Disease.

**Anthropological Briefing****Barbie Shaped Women More Fertile**

A new study<sup>1</sup>, suggests that western men's penchant for women with an hourglass shape may have some biological justification. Such women have 30 per cent higher levels of the female reproductive hormone estradiol than women with other combinations of body shapes, found human biologist Grazyna Jasienska, at Jagiellonian University in Krakow, Poland and colleagues. "If there are 30 per cent higher levels, it means they are three times more likely to get pregnant," said Jasienska.

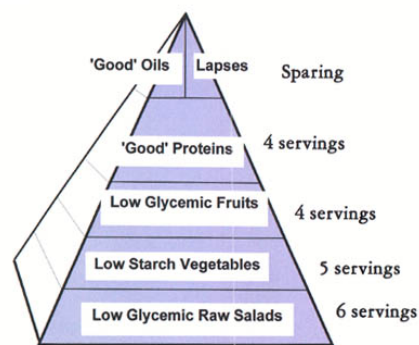
"In Western societies, the cultural icon of Barbie as a symbol of female beauty seems to have some biological grounding," concludes the team. Jasienska says that a preference for low waist-to-hip ratios is a "universal feature" in psychological studies of men.

"The results are extremely intriguing," says Maryanne Fisher, a psychologist at York University in Toronto, Canada, who has studied Playboy centerfolds over 50 years. It revealed a drift in Western men's tastes. Men's preferences have moved from voluptuous to thinner models but still with a strong hourglass shape. On the other hand, a fat woman, even with a "good" waist-to-hip ratio, is not generally attractive to men.

This kind of study confronts head-on some of the most fiercely defended shibboleths of the Social Sciences...

**Continued page 4****Food Policy****Natural Eating Food Pyramid  
"The Only one that Counts"**

Last month we showed how the new USDA food pyramid will be, just like the old one, a shabby, political compromise between powerful commercial interests, purblind nutritional dogma and the scientific evidence. In other words it is more dangerous than if nothing were said at all: it will be used to design school meals, taught in the school curriculum and used in advice by dietitians – when we know all along that it is severely flawed.

Servings are per day

Above we provide our own, ideal pyramid, the Natural Eating one.

**Continued Page 4****Question of the Month****Calcium Pills for Bone Health?**

**Q.** *My doctor is recommending that I take calcium pills to combat possible osteoporosis. What do you say?*

**A.** Baloney. Bone health is all about maintaining a healthy equilibrium between bone renewal and bone destruction. This is a normal bodily process... **Continued page 4**

**Activism****Sue for Soy Sicknes**

Lawyers are licking their lips at the prospect of suing food producers who use soy in their products. Soy was never a human food and food manufacturers have known for years that it makes humans sick. Now the Weston A. Price Foundation, a healthy eating lobby group, has accumulated the solid scientific evidence that gives strong grounds for litigation. This is a list of the illnesses that they lay at soy's door:

- Asthma
- Chronic Fatigue
- Depression
- Diabetes
- Heart Arrhythmia
- Heart or Liver Disease
- Infertility/Reproductive Problems
- Irritable Bowel Syndrome
- Learning Disabilities/ADD/ADHD
- Pancreatic Disorders
- Premature or Delayed Puberty
- Rheumatoid Arthritis
- Thyroid Conditions:
  - Grave's Disease
  - Goiter
  - Hyper- and Hypo-thyroidism
  - Thyroid Nodules
  - Thyroid Cancer
- Uterine Cancer

If you consider yourself eligible to take part in a class action law suit as a result of eating soy, contact:

[westonaprice\\_soy@verizon.net](mailto:westonaprice_soy@verizon.net)

**Continued page 4**

<sup>1</sup> Proceedings of the Royal Society B (DOI: 10.1098/rspb.2004.2712)

## Recipe of the Month

## Eggplant Caviar

YYYY

Eggplant caviar is so-called because of its texture and has a "smoky" and subtle flavor. This one is a variant on the one in our cookbook but with a quite different outcome.

## Ingredients

2 eggplants,  
2 cloves of garlic  
4 anchovy fillets,  
6 black olives,  
1 Tablespoon chopped chives

## Method

Peel the garlic and cut into thick slices. With a small knife, make several incisions in the eggplants and insert the garlic slices.

Roll the eggplants in olive oil and place them in an ovenproof dish.

Place them in a medium hot oven (400°F, 200°C) and bake them for 30 minutes until they collapse and are soft throughout. Leave to cool in a colander.

On a large chopping board, slice the baked eggplants in half and spoon out the flesh, discarding the charred skin.

Chop the eggplant pulp with a large knife until it's very fine.

Chop the anchovy fillets and the stoned olives until they are equally fine and mix, together with the eggplant. Stir in the chives.

## Comment:

For the caviar-like texture you must do the chopping by hand; a food processor produces mush.

Serve the 'caviar' with plainly boiled leeks in a mustard-based vinaigrette (see March 2004) and soft-boiled or poached eggs.

For a sophisticated summer starter form a "quenelle" (a dumpling shape formed between two dessert spoons). Put one into each of a bowl of chilled gazpacho soup.

## Questions

All these questions come from readers. Your queries are welcome.

Contact: [query@naturaleater.com](mailto:query@naturaleater.com)

## Sainsbury's "Freefrom" Anti-Allergy Crispy Bars

**Q.** Sainsbury's sell this product as "endorsed by the allergy support charity, Allergy UK". The blurb says that it is free from gluten, wheat or dairy. Is it any good? I see that it is 28% crisped rice.

**A.** This product has the most egregiously misleading label we have seen in a long time. The back of the box contradicts what is said on the front: we see that the bars contain milk, whey powder and lactose – how can Sainsbury's square this with the claim that the product contains no dairy? In addition they warn that it contains soy allergens and, moreover, "is not suitable for nut and sesame sufferers".

Truly, either Allergy UK has sold its good name for a mess of pottage, or it is a front organization for allergy-remedy salesmen.

Worse, as you point out, the crispy-bars are 28% high glycemic crisped rice. There is also a massive 36% sugar and 11% hardened palm kernel oil, one of the nastiest trans fatty acids around (see Transfat Unsafe at any Level, page 3).

Don't even THINK about consuming this product – especially if you are an allergy sufferer.

## Rye Crispbread not a Solution

**Q.** Is Rye-Vita (a kind of crispbread) better than ordinary bread?

**A.** No. It is just as glycemic (G.I. around 70) and suffers from all the other drawbacks of cereals too (anti-nutrients and allergens).

The only thing to be said in its favor is that it is presented in lightweight slices. Just stick to the one slice and you will not eat so much. Better still, avoid altogether.

## Knees, Jogging and Arthritis (continued)

**Q.** My doctor counsels against jogging in case I hurt my knees. What do you advise?

**A.** Last month we pointed out that to walk and run is our human birthright and essential for maintaining our

bodies in peak condition. We highlighted the importance of strengthening the knee muscles and of avoiding the dietary errors that increase vulnerability to arthritis. Now we look at a number of other factors.

**Obesity:** The human skeleton and joints are designed to carry a low fat body. Being overweight stresses the knee joints. Get the weight off! If you are Eating Naturally, this will happen as a matter of course.

**Stretching:** Work on stretching your hamstrings (touching your toes). This is as important for joint protection as strengthening the knee muscles.

**Style:** Run with your head up and lifting the knees. Avoid a hunched, trudging posture.

**Shock absorbing:** Our savanna ancestors were running around in bare feet on ground almost as hard as concrete. Even so, it makes sense for us civilized 'softies' to reduce the impact of heel on tarmac. Get the padded running shoes and examine your running technique. Check with the physiotherapist what is right for you but most people find that it is best to run with their feet pointing straight forward.

It is good exercise and relieves the knees even more to run on the balls of the feet. This will give nice shape and tone to the calf muscles too.

**Beauty:** This is not frivolous: in the recent film Troy, a body double was used for Brad Pitt's legs – the director thought them too weedy for Pitt's role as the great Greek warrior, Achilles.

Indeed there is something that appeals to our deepest instincts when we sight "a well turned leg" as the Victorians coyly put it. It is interesting to speculate if this is another example of our programming to detect 'fitness'. (See "Barbie Shaped Women more Fertile", page 1)

**It's never too late:** We reported on Fauja Singh in our July 2003 newsletter. He started running at the age of 89. Now, at the age of 93 he holds the world record (5.40 hours) for the over 90's Marathon.

We strongly advise everyone to get their body into shape for jogging – it is the ideal form of exercise. Don't be discouraged – as we have outlined, you will have to work on several fronts and repair years of neglect.

### Poulain's "Ligne Gourmande" Chocolate with 2% Sugar

**Q.** What do you make of the new chocolate made by the Cadbury's subsidiary, Poulain? They claim it is 70% cocoa solids but only 2% sugar.

**A.** The advertising copy says: "Poulain has created for you its "Dark Gourmet Line", a fine, dark chocolate for you to savor. With 70% cocoa, it hits the mouth with a snappy feel, then melts with an intense flavor – and it only has 2% sugar!"

So what is the secret? The nutrition panel says it all: the remaining 28% of ingredients are almost entirely composed of 'maltitol' and 'lactitol'. These are bulk artificial sweeteners known as 'sugar alcohols'.

They have been used for many years in the preparation of diabetic foods, including chocolate. Sugar alcohols have very low glycemic indexes, but like fructose, should not be abused either. They are less sweet and have a pronounced laxative effect.

In other words, Poulain's product is diabetic chocolate cleverly repackaged for general use. It closely resembles Trader Joe's product that we reported in March 2003.

We see no particular objection to this chocolate provided you consume it in moderation – no more than 1 oz (30 gram) per portion.

### Period Pains

**Q.** I suffer from period pains and cramps – can Eating Naturally help?

**A.** Yes. Menstrual cramps are switched on and off by hormones known as prostaglandins. These are the famous products of the consumption of essential fatty acids. Which oil turns on the cramps? The usual suspect, omega-6. Omega-3 turns them off.

Similarly, pain sensitivity is sharply increased by omega-6 prostaglandins and reduced by omega-3 prostaglandins.

In a very effective Danish study<sup>2</sup> by a Dr Deutch, women who had their omega-6 to omega-3 ratio improved to the ideal (1 to 1) stunningly confirmed this effect.

Moral? As ever, cut down on the omega-6 oils and boost the omega-3 foods. – See page 79 of the Natural Eating book.

### Buyer Beware

#### Galaxy

#### Instant Hot Chocolate Drink

"Succumb to the smooth pleasure of creamy GALAXY Hot Chocolate Drink", says the blurb. Succumb we might, but what are we putting in our bodies? Let us look at the ingredients:

SUGAR, WHEY SOLIDS, HARDENED VEGETABLE FAT, GALAXY CHOCOLATE (7.5%), FAT REDUCED COCA POWDER, LACTOSE, SKIMMED MILK, POWDER, GUAR GUM, POTASSIUM ORTHOPHOSPHATE, HYDROMELLOSE SODIUM POLYPHOSPHATE, CARBOXYMETHYLCELLULOSE, CARRAGEENAN, DRIED GLUCOSE SYRUP, SALT, MILK PROTEINS, SILICON DIOXIDE, CALCIUM ORTHOPHOSPHATE, FLAVORINGS, MONO- AND DI-GLYCERIDES OF FATTY ACIDS.

In fact, the product is nearly 70% sugar padded out with fillers and artificial flavors. Watch out for the whey solids, (powerful allergens) and the "hardened vegetable fat", a euphemism for transfat (see Transfat Unsafe at any Level, this page). As for actual chocolate, it constitutes only 7.5% of this powdery garbage.

A rubbish product to **AVOID**.

### Hints & Tips

#### Lose the Bread

No matter what the meal, you're better off without the bread. "Sandwiches" can be made from poultry or shrimps plus vegetables wrapped in a lettuce or spinach leaf. Watch out for "hidden" bread in breading, toppings, stuffing and the croutons in soups and salads.

### Food Policy

#### Transfat Unsafe at any Level

There is no safe amount of transfat in the diet says The Institute of Medicine, an arm of the National Academy of Sciences. Transfat (hydrogenated vegetable oil) is an especially harmful type of fatty acid. A tiny intake increases heart disease by 25%; omega-3 metabolism is trashed; healthful cholesterol is decimated.

The Center for Science in the Public Interest (CSPI), a consumer lobby group, petitioned the Food and Drug Administration (FDA) to ban the use of transfat in processed foods. It is common in margarine, cakes and snack foods (see Galaxy, this page and Crispy-Bars page 2). CSPI says that getting rid of transfat from food could save up to 30,000 lives a year.

Beginning in 2006, food companies must label how much transfat is in a

food product. FDA approved the labeling requirement last year.

Self-servingly, Tim Willard, a spokesman for the National Food Processors Association, called banning transfat (hydrogenated vegetable oil) "the wrong way to go." Instead, he intoned, consumers should be given more information to educate them on fat intake.

**Our View?** What an extraordinary admission: the Authorities KNOW that there is "no safe level of transfat" yet they allow it to be freely incorporated into processed products. Worse, you won't even know if it is there until food labels show it in 2006.

Natural Eaters will not knowingly eat much processed food, but in the meantime watch out for the weasel words "hydrogenated vegetable oils" and, by the way, "hardened vegetable fat" (Galaxy chocolate drink, this page and Sainsbury's 'Freefrom', page 2).

#### Carbohydrate limits Lowered

The current Recommended Daily Allowance for carbohydrates is set at 300 grams a day, but The Institute of Medicine has just submitted their recommendation that it be lowered to 130 grams a day for 'healthy adults'. [So you have to be "healthy" to tolerate carbohydrates at all?]

Here we see a dramatic acceptance by the health authorities that carbohydrates are BAD NEWS. They have slashed in half the amount of carbohydrate that people should consume. 130 grams corresponds to 4½ oz – just one serving of mashed potato – or of spaghetti.

### News Shorts

#### Atkins Had Heart Disease

Physicians Committee for Responsible Medicine, a lobby group, leaked details of Atkins' autopsy report 10 months after he died, "slipping" on an icy sidewalk. The report showed that Atkins, only aged 72, had a history of heart trouble, including congestive heart failure and high blood pressure.

**Our View?** Clearly Doctor Atkins employed some impressive Doctors of Spin too. They managed to hush up the true cause of Atkins' death for nearly a year.

As for his state of health, it is only to be expected from the diet which promoted the consumption of large



amounts of animal fat, cheese and meat. Possibly Atkins believed in what he was doing, but the effect was to pander to the average consumer's weakness for 'sinful' foods. It is a commercially successful strategy but not, we think, intellectually defensible.

Next month we report on the lawsuits being brought against the Atkins Corporation. In the meantime we recall, "more in sorrow than in anger", those of our audiences and entourage who chose the Atkins diet over Natural Eating "because it is easier".

**From Page 1**

**Anthropological Briefing**

**Barbie shaped women more fertile**

That doctrine, held against all the evidence, is that we are born as 'blank slates' and all our drives and behavior are determined by our culture and upbringing.

Evolutionary psychologists are painstakingly demolishing these doctrines and demonstrating that human behavior is strongly driven by deep-seated evolutionary programming.

Men down the ages who were not good at selecting fertile women, on average, had fewer offspring. It follows that today's men are descended from a long line of men who were good at picking fertile women.

How did they tell if a woman was fertile? They didn't know - 'beauty' is simply the signal that their brains are wired to pick up as a proxy for fertility. The wiring then provokes the desire for union with that beautiful person.

Those men that liked less fertile tubby women with overhanging bellies, on average, had fewer offspring. Over millions of generations it all adds up to the Barbie model being the one that, on average, men like.

**Activism**

**Sue for Soy Sickness**

**Our View?** We have come to a pretty pass when the only way of getting a safe food supply is by litigating against the food companies after they have wrecked our health. This might come as a surprise to consumers: we innocently assume that food producers and supermarkets only have our interests at heart. In fact they have their eyes fixed obsessively on next quarter's sales results - 'and damn the consequences' - just like the tobacco companies.

What about Government agencies? Like rabbits caught in the headlights, they are paralyzed by the agro-industry's money and political muscle.

**Moral?** You are on your own: no one else will look out for you - you have to take charge and learn the survival skills we teach.

**Food Policy**

**Natural Eating Food Pyramid "The Only one that Counts"**

Here is a summary of our pyramid's food-group descriptions. (See the Natural Eating Book for the complete schedules).

**Good Oils:** Those that are omega-3 rich. e.g. Canola, walnut and fish oils.

**Good Proteins:** e.g. wild game, eggs, fowl, fish and tree nuts.

**Low Glycemic Fruits:** e.g. apples,

cherries, pears and strawberries.  
**Low Starch Vegetables:** e.g. broccoli, turnip, tomato, and green beans  
**Low Glycemic Raw Salads:** e.g. lettuce, tomato, cucumber, radish, onion, garlic and mushroom.

Note that there is NO PLACE for grains, dairy, red meat or potato.

**Question of the Month**

**Calcium Pills for Bone Health?**

The average skeleton is completely rebuilt four times in a lifetime. It is a delicate process that is easily disrupted by hormonal imbalances. A large number of factors adversely affect bone building in modern life; even the absence of jogging (page 2).

The necessity of a high plant food diet is one factor. A recent study<sup>3</sup> has confirmed a slew of earlier ones; girls who ate more than three servings of non-starch plant food per day built up optimum bone mass for adult life. This finding neatly echoes the quote from Thoreau (April 2004). He points out that an oxen's massive bones are "vegetable-made".

We explore all the factors in our Natural Eating Book, page 145. If your body's calcium mechanism is dysfunctional (as it certainly is), you will be depositing those calcium pills where you don't want them - in your kidneys (as stones), arteries (as plaque) or joints (as spurs). Save your money, don't buy the pills - but DO follow our bone health precepts.

<sup>2</sup> Menstrual Discomfort Reduced by Fish oils; Deutch et al; Nutr. Res. Vol 20; no 5; 2000

<sup>3</sup> Am J Clin Nutr. 2004 Feb;79(2):311

RESOURCES	Qty	US\$	Total	Name:	
<b>The Book:</b> The 'Bible' to Natural Eating.		19.95		<b>Name:</b>	
<b>The Guide:</b> Natural Eating in a nutshell		7.95		<b>Address</b>	
<b>Healthy Cooking with the Bond Girl</b>		17.95			
<b>Bundle:</b> Book, Cookbook, Guide		37.90		<b>City</b>	
	<b>Sub-Total</b>			<b>State</b>	
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