

NATURAL EATING NATURAL EATING NATURAL EATING

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**Human Nature:** Human Breeds and Temperament. **Lifestyle Reprogramming:** Cyprus N E Holidays. **Food Porn:** Starbucks Frappucino. **Food Politics:** New Food Pyramid Special Pleading. **Q of Month:** Are Tanning Salons Useful? **Myths:** Calcium and Bone health. **Quickfix:** Spinach Hash. **Q&A:** Cramps, Wine, Magnesium; Foods not Depleted of Magnesium; Diabetes and Caffeine; Gluten Allergy and ADHD; Gallstones and Diet. **Hints:** Vaccinate Kids against Propaganda. **Letter From Cyprus:** Mellow Fruitfulness. **Vegetable Briefing, Part 2:** Above ground Vegetables.

**Human Nature****Breeds and Temperaments**

Last month we reviewed research on dog breeds and the way their genetics are linked to their temperaments -- as guard dogs, herding dogs, hunting dogs and so on. We now review some of the research relating to the way human breeds have varying temperaments.

Suppose you wish to breed a strain of fox that is more tame and confident. One way to do it would be to pick the darkest pups in each litter. This curious fact has been known for many years.

Dr. Jerome Kagan, a Harvard University psychologist, studies shyness in children. He could reliably identify two extreme types of personality in small children: one inhibited, shy and unconfident, the other confident, independent and uninhibited. Most children are, of course, in between, but these are the extremes.

But then Dr. Kagan discovered<sup>1</sup> that, curiously, some physical features tend to be linked with shyness. Extremely shy children are more likely to be blue-eyed, pale-skinned, tall, thin, and narrow-faced.

**Continued page 4.**

**Lifestyle Reprogramming****Cyprus Natural Eating Holidays**

We will be announcing details of the courses in next month's newsletter. In the meantime, visit our link to get an impression of the accommodation and location. Take the 3D tour!

[www.naturaleater.com/residential\\_courses.htm](http://www.naturaleater.com/residential_courses.htm)

**Food Porn****Starbucks Frappucino**

A Venti Double Chocolate Chip with whipped cream Frappucino hits 750 calories and 16 grams of saturated fat says the [Center for Science in the Public Interest](#). But it is caffeine free! (See Diabetes and Caffeine, p 2.)

Frappucino is just a fancy name for a milkshake. Humans were never supposed to put such things in their bodies, let alone heart-attack, pork-building concoctions like this. **AVOID**

**Food Politics****New Food Pyramid Pleading**

The lobbyists are out in force for the new revision to the Food Guide (see our June 2004 issue).

"Make it easier to understand", says the American Dietetic Association.

"Make sure meat gets highlighted", said Atkins' spokesman Trager.

"Make sure meat does not get highlighted", said Dean Ornish, who promotes a grain and vegetable diet.

"Stop demonizing sugar", said Baker of the Sugar Association.

**Our View?** The new pyramid will be just as flawed as the previous one -- it will just be easier to understand -- and so mislead more people...

**Question of the Month****Tanning Salons Are Useful**

**Q.** What do you think of sun beds?

**A.** A good idea if you are living some distance from the equator. We are still tropical creatures! -- and plentiful light is important for our health and mood. The inhabitants of Alaska and Scandinavia have some of the highest suicide rates in the world.

People who live in more equatorial latitudes are less likely to get many kinds of cancer including breast cancer (Newsletter 5.12). This even applies to fair skinned people. A clutch of studies showed that people who used sun beds had lowered blood pressure<sup>2</sup> and improved mood<sup>3</sup>. Vitamin D production was increased and rickets was avoided (Newsletter 4.04).

We all need sunlight -- artificial if necessary. Don't be freaked out by the alarms of conventional medicine -- we just need to exert common-sense -- and avoid over-reddening.

**Myths and Fallacies****Calcium and Bone Health**

As we never tire of saying, bone health depends on more important factors than calcium intake. In a study by Dr. T. Lloyd of Penn State University, girls whose calcium intake was only 500 g/day still had excellent bone health provided they **EXERCISED** and had good **MUSCLE** development. **Continued page 4.**

1 Jerome Kagan; Galen's Prophecy: Temperament and Human Nature; Westview Press; June 1, 1995  
2 Rostand; Hypertension; 1997; 30:150-156.  
3 Feldman; J. Amer. Acad. of Dermatology; July 2004

**Quick Fix of the Month****Spinach Hash**

YYYY

Serves 2 as a main course

**Ingredients**

1 medium onion, chopped (or 4 oz frozen chopped onion)  
 2 cloves garlic, crushed  
 3 medium Roma tomatoes, seeded and chopped  
 2 Tablespoons tomato paste.  
 1 tsp. Paprika  
 Salt and pepper to taste  
 1 lb (425 g) chopped frozen spinach  
 3 oz (85 g) chopped raw peanuts

**Method**

Gently sauté the onions until soft. Add the garlic, tomatoes, tomato paste and spices. Gently heat together, stirring and mixing. Add the spinach and gently heat until cooked. Add the peanuts at the end.

**Comment**

This is a dish that is quickly knocked up. Drained, canned tomatoes will do instead of fresh.

You might be surprised by the choice of peanuts, but the raw, unsalted ones are tolerable, if you are not allergic to them. The purist can substitute chopped almond instead.

**Questions**

All these questions come from readers. Your queries are welcome. Contact: [info@naturaleater.com](mailto:info@naturaleater.com)

**Cramps, Wine and Magnesium**

**Q.** *I often have cramps in my legs at night which seem to come on after I have drunk wine. Someone told me that wine depletes magnesium and taking supplements will help. What is your view?*

**A.** Muscle spasms can be caused by some 50 different agencies, often in mysterious combinations -- so we should not jump to hasty conclusions about magnesium.

However, alcoholism is indeed one of the many factors that interferes with magnesium absorption: a couple of others are calcium and phosphorous. So milk and/or Cola drinkers (which we hope you are not) are also providing a challenge to their

magnesium balances.

In this regard, calcium and magnesium work together like a couple in a three legged race -- get it right and they fly, get it wrong and they fall flat. Our ancestral diet had these two minerals in a ratio of about 1 to 1. The American diet today, with its absurd emphasis on calcium consumption, has an utterly dysfunctional ratio of 6 to 1.

Symptoms of magnesium deficiency include nausea, depression, diarrhea and, yes, muscle spasms. If you have many of these symptoms together then it is possible that magnesium deficiency is a problem.

Normally, a Natural eater will have plentiful stores of magnesium in the body -- it is present in most of the vegetables, especially Swiss chard, greens, spinach and broccoli. All tree nuts are rich in magnesium, notably cashews, almonds, Brazils and walnuts. Pumpkin seeds (Newsletter 7.07) are also a rich source. But try not to get over-focused on these particular foods -- green vegetables, fish and nuts all contain magnesium to a sufficient degree. (See next item)

Our view? All micronutrients work together in complex ways -- it is impossible to second-guess them. It is important to get your nutrients from food, not artificial crutches like supplements. We think it unlikely that wine is causing your spasms unless you are a chronic alcoholic.

**Magnesium Depleted Foods?**

**Q.** *I hear a lot about 'tired' and 'depleted' soils. Are our foods depleted in magnesium?*

**A.** No. Magnesium is an essential element in all living matter. Plants cannot make chlorophyll without it, nor can they build cell walls. Plants that have insufficient magnesium have yellowed leaves and stunted growth. Farmers, purely from a self-interest point of view, make sure that their plants get all the magnesium they need. Rejoice in that beautiful dark green color of the spinach or broccoli -- it is the signal of a mineral-rich, healthy plant.

It is a similar story with animals, poultry and fish. Just as magnesium is essential for humans in a myriad of ways, so it is for all other creatures. They cannot survive without

magnesium in their bodies. Without it they don't grow, are sick, even die off. Stockmen, fish farmers and poultrymen, from a self-interest point of view, make sure that their stock get enough magnesium in the feed.

**Cocoa and Artery Health**

**Q.** *I hear that cocoa can be good for arteries -- what is your view?*

**A.** Yes, cocoa in many studies has been found to be rich in micronutrients which are important to human health. They keep blood platelets from getting too thick and sticky; they increase 'good' cholesterol (HDL). A recent study<sup>4</sup> found that on consuming cocoa, the subjects had arteries that were significantly more supple and resilient.

Note that we are talking about **COCOA** here. We are not talking about artificial 'chocolate drinks' or about milk chocolate. On the other hand the dark, bitter chocolate (more than 70% cocoa solids) had the same beneficial effects as cocoa itself.

**Diabetes and Caffeine**

**Q.** *I am diabetic and wondering if it is all right to drink caffeinated coffee.*

**A.** No. As we say in the Natural Eating Book, page 119, caffeine raises insulin levels abnormally (which ought to clear glucose from the blood). Diabetics are particularly sensitive to this effect. However, at the same time it **REDUCES** the fat cells' ability to respond, which means that they are blocked from clearing glucose out of the blood. The net result is even higher levels of abnormal blood glucose plus high levels of insulin -- the worst of both worlds. A recent study<sup>5</sup> on diabetics by Dr. James Lane at Duke University reinforced this finding.

In Canada, a study<sup>6</sup> on obese people had a similar result. Lead researcher, Terry Graham, said: "If I were diabetic or insulin resistant, I would be drinking decaf."

**Our View?** Let's also keep a sense of proportion. The caffeine doses were large: a single daily dose of 365 mg for a person weighing 160 lb (11½ stone, 73 kg).

That's equivalent to 7 cups of tea, or 7 cans of cola, or 4 cups of instant coffee, or three cups of American (weak) brewed coffee. It is however exactly the amount of caffeine in just

one Starbucks 'Tall' (that's the smallest, 12 oz mug).

Healthy people are going to be fine with the odd cup of tea or weak coffee. Diabetics and the obese should eliminate caffeinated drinks altogether.

### Gluten Allergy and ADHD

**Q.** *I have a child that is hyperactive and we suspect he is affected by gluten. Is this possible?*

**A.** Yes it is. And we are surprised to find that we have not dealt with this connection already. Gluten allergy has many symptoms and ADHD (Attention Deficit Hyperactivity Disorder) is one of them.

For example, the Israeli researcher Dr. Nathaniel Zelnik and colleagues finds<sup>7</sup> that gluten allergy provokes ADHD, headaches, learning disorders, and tic disorders. Gluten is also strongly connected to the related condition, **AUTISM** (Newsletters of Sept 1999 and May 2001)

Humans are not adapted to eating gluten and we would all be better off cutting grains out of the diet **TOTALLY**. (Even small amounts of gluten can have a devastating effect.)

Don't forget to check out for other dietary errors that are connected with ADHD, notably food additives (December 2002).

### Gallstones and Diet

**Q.** *I have been diagnosed with gallstones and my doctor wants to have the gall bladder removed. He says it serves no useful purpose anyway.*

**A.** There are over 490,000 gall bladder operations in the United States every year. Most of them could have been avoided.

We have no way of knowing whether your condition has got to the point where there is no alternative but surgery. But it adds insult to injury to suggest that gall bladders serve no useful purpose. The gall bladder stores bile and without it, it is very hard for your body to dispose of fats properly. It is like trying to wash greasy dishes without soap. It's possible, but not ideal.

It is always best to keep your gall bladder if at all possible. First and foremost, start Eating Naturally right away. C. J. Tsai and colleagues at Harvard Medical School have

analyzed data from the Nurses Health Study. They find<sup>8</sup> (what would you know) that a high plant-food diet with only modest animal protein is the best. Also make sure that you exercise enough. Focus on exceeding the minimum specified in the Natural Eating book, chapter 11.

### News Shorts

#### M&S Bread Fatter than MarsBar

Traditional bread (and for that matter, home-made bread) does not contain any fat. However the bakery industry has found another wheeze to make money -- add fat to bread. "It's a cheap ingredient, and people like soft, pappy foods", says Professor Tim Lang of City University, "it also increases shelf-life".

The worst offender was Marks and Spencer's Organic Wholemeal Bloomer. The fat content was nearly 9% -- more than in a Mars bar. These so-called "stealth fats" are not even harmless ones -- they are mainly saturated and transfatty acids.

**Our View?** We hope that none of our readers is eating bread anyway, but it is an object lesson in vigilance. M&S's bread has a healthy sounding name, but it is really rubbish in disguise.

### Hints & Tips

#### Vaccinate your Kids against Food Industry Propaganda

It is impossible to shelter your children from every television commercial. So sit them down and discuss the advertisements they see. Explain that a **BUSINESS** is selling the product; the business is focused on manipulating them into wanting that product. The child needs to see through the manipulation and see if there is any good in the product.

Fight back: talk about 'fake food' and evil people enticing them into bad ways for their own gain.

### Letter from Cyprus

#### Mellow Fruitfulness

*Geoff & Nicole Bond in Paphos* – On Saturday we visit the local market. It is humming with horny-handed country-folk selling their wares out of wicker baskets. They have brought the pickings from their couple of fruit trees or from their kitchen gardens. Nothing is wax covered, polythene-

packed or pre-boxed. Much of the produce is misshapen, odd-sized and discolored.

We are conditioned by the 'look' of supermarket produce. Technicolor bright, uniform perfection, unripe -- and mostly tasteless. This farmer's market produce is a revelation -- this is how fruit and vegetables are supposed to taste! -- this is how they are supposed to be -- brimming with goodness...

These agriculturalists know nothing about organic farming -- it just comes naturally -- it is what their families have been doing for 30 centuries -- since before the time of Hercules.

Peaches, apricots, prickly pear, figs, apples, tomatoes, avocados are in high season and sell for pennies per pound. Grapes, olives, pomegranates, plums, bananas and pears are on their way.

We are particularly pleased to find **PURSLANE** in plentiful supply -- that is the plant that made the Cretan diet<sup>9</sup> so special: omega-3 rich, and loaded with antioxidants including vitamin C and glutathione. It can be eaten as a salad leaf or in soups and many other preparations. Over the next couple of months we will give tips on how to get purslane and how to prepare it.

But how long will this Horn of Plenty last? These peasants are poor and don't have the volume production required by agro-industry.

Cyprus has just joined the European Union -- mainly to get a handout of 'farm restructuring funds'. That means buying out the smallholders and training them to flip hamburgers. The big intensive farmers move in. It is a familiar story seen around the Western world. (The Japanese, wisely have not bought into this strategy.)

We need to find ways to keep smallholders on the land, but give them a decent living. Not only will we have healthier food, we will have a more agreeable countryside. Undesirable social fallout will be avoided too.

In general, it is better to let people be strongly independent and self supporting, than to reduce them to a state of employee dependence. We need to preserve our yeoman class.



**Vegetable Briefing -- part I**

All that the vegetables that we eat today are quite new to the human diet. They all have their origins somewhere outside our African homeland. Does it matter? Here, in part 2, we look at vegetables from above the ground:

Unlike the gorilla, we are not designed to eat tough vegetation like twigs, bark, stringy leaves and fibrous stalks. Our ancestors did not cook their plant food either, so they focused on the young and succulent plant parts. When we think of vegetables, we don't think of them as a botanist does, as quite distinct parts of a plant with different functions. However, each part has its nutritional profile and has its role to play in our diet. Even today, we eat from a wide variety of plant parts, sometimes raw in salads and sometimes cooked:

**stems**, as in asparagus, originally from the Mediterranean and kohlrabi originally from Europe;

**buds**, such as brussels sprouts, originally from Belgium;

**leafstalks**, such as celery from the Mediterranean and rhubarb originally from Asia;

**leaves**, such as cabbage, lettuce and spinach, all originally from Europe;

**immature flowers**, such as cauliflower and artichoke originally from Europe, and broccoli originally from Turkey;

**immature fruits**, such as eggplant originally from southern Asia and cucumber originally from north India;

**mature "vegetable-fruits"**, such as

tomato from Peru, avocado from central America and bell pepper from the Andes;

**edible bean pods** such as runner beans from tropical America;

**edible funguses (mushrooms)** from just about everywhere.

Of course, today, all these plants are grown all over the world wherever they can be produced economically.

The tomato is an unusual case. First known to the Incas, 500 years ago the Spanish Conquistadors brought samples back to Europe. The tomato comes from the same family as deadly nightshade so, for a long time warned off by the bright red color, Europeans thought the tomato poisonous. However the tomato is free of them. About 200 years ago, the tomato made it into the food supply. It has now eclipsed all other Old World vegetables and has conquered cuisines around the world.

**Next Month:** *Vegetable round-up and the consequences of admitting the new ones to the human diet.*

**From Page 1**

**Human Nature**

**Human Breeds and Temperaments**

This is the stereotypical "Nordic type". The ice-age selected people who could withstand cold well -- which unavoidably favored phlegmatic and shy personalities as a by-product.

Reason? A particular bunch of cells in the part of the brain, called the amygdala, regulate both the nor-adrenalin system (which affects

confidence) and the melanin system (which affects skin and eye color) — hence the confident black foxes. Dr Kagan suggests that there are many other cross-links in the brain that simultaneously affect physical features and personality.

He is not alone, we will look at the work of the Ontario University psychiatrist, Dr. J. Philippe Rushton on the race/social-responsibility connection next month and on the work of Harvard's Drs. Murray and Herrnstein on the race/intelligence connection in October.

**Myths and Fallacies**

**Calcium and Bone Health**

Dr. Lloyd found<sup>10</sup> that in adolescent girls who had calcium intakes of between 500 mg/day and 1900 mg/day, only exercise was linked to healthy bone density and strength.

In other words, it didn't matter what amount of calcium was being taken in. If the girl exercised she had strong bones, if not she had weak ones. There are many other bone health factors to consider. For a full rundown see the Natural Eating book "Osteoporosis" - page 145 onwards.

<sup>4</sup> Vlachopoulos; Am Soc Hypertension; Ann. Meeting May 2004.

<sup>5</sup> Lane et al; JAMA; March 2004.

<sup>6</sup> Graham; Am J Clin. Nutr; July 2004.

<sup>7</sup> Pediatrics; vol 113; 6 June 2004; 1672-76

<sup>8</sup> Am J Epidemiol. 2004; Jul 1; 160 (1) 11-18

<sup>9</sup> Natural Eating Book, page 49

<sup>10</sup> J Pediatr. 2004 Jun;144(6):776-82.

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**Cyprus:** 21, Ellados Ave, Suite 117, 8020 Paphos. **UK:** Natural Eating Ltd, 7, Maxwellton Close, London NW7 3NA  
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