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**Human Nature:** Breeds and Intelligence. **Human Nature:** Athletic Equals Feminine. **Quote:** Immune Reaction to Abnormal Self; Denial. **Food Policy:** Obesity is not Taboo; Trans Fat Kill off. **Hints:** Slow Down Eating. **Recipe:** Peach Flan. **Q&A:** Grape Juice Sugar; Cancer Genes not Fatal; Leg Weakness and Vitamin D; Raw Food in Mainstream; Eggs Improve Bad Cholesterol; Guava Fruit. **News Shorts:** Tackling Child Obesity; Alzheimer’s Lifestyle Links. **Book Review:** Stopping Inflammation. **Buyer Beware:** Ground Meat Fat Content False. **Events.**

**Human Nature**

**Breeds and Intelligence**

Last month we looked at the ethnicity/parental investment link. Now we look at the connection between ethnicity and intelligence.

No subject has been more fraught in the social sciences than the question of intelligence. That such a faculty exists no one doubts, but few want to accept the consequences of measuring it.

For example, many studies showed that the smarter employees were also the most productive. Nevertheless congress banned companies from using intelligence tests in hiring decisions back in 1971.

Sociologists universally condemned intelligence tests as biased: culture, ethnicity, poverty, education, parenting and many more factors they claimed could lead to unfairly low scores (the score is known as Intelligence Quotient or “IQ”).

Since that time, a flood of studies have been designed to eliminate all these objections. In 1994 the Harvard psychologist, Dr. Richard Herrnstein and the Harvard political scientist, Dr. Charles Murray produced a monumental work, **The Bell Curve**<sup>1</sup> that, with cool intellectual rigor, analyzed the data and drew the consequences of its insights.

In one major section they found that, however the cake was cut, different ethnic groups had different average IQ’s. Relative to Whites at 100, East Asians (Chinese and Japanese) score 106, black Americans score 84 and pureblood Africans score 70.

**Continued: page 4**

**Human Nature**

**Athletic Equals Feminine**



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This centerfold from FHM magazine is rather special: it portrays athletes from the American Olympic team. High jumper Amy Acuff, swimmer Haley Cope, pole-vaulter Mary Saur and volleyball player Logan Tom are among those featured.

Only a sociologist believes that our idea of a fine looking human is defined purely by cultural conditioning. It is not for nothing that the editors of this men’s magazine knew that the figures of these fine athletes would trigger something deep in the male psyche.

In evolutionary terms, these female bodies demonstrate high female ‘fitness’ -- leanness, good skin, shiny hair, good muscle tone, pert breasts -- and waists slimmer than the hips. Male brains are hard-wired to feel attracted to such a form. It is the form which, in biological terms, signals a female who is healthy, fertile and good for child-bearing.

**Quote**

On auto-immune diseases: “We set up an immune reaction to an ‘abnormal self’ riddled with inflammation, toxins and antigens...” neurosurgeon *Russell Blaylock*  
(See Book Review page 3)

**Food Policy**

**“Obesity” is not a Taboo Word**

The Institute of Medicine (IOM) in a 480 page report<sup>2</sup> documents a startling set-back to the nation’s health -- childhood obesity.

Over 9 million American children are obese says the IOM and we mean ‘obese’. For far too long physicians have used weasel words like ‘overweight’. However: “obesity” more effectively conveys the seriousness, urgency and medical nature of this concern”, says the IOM.

See “Tackling Child Obesity”, page 3

**Trans Fat Kill Off**

The FDA’s labeling requirements for trans-fats (June 2004 Newsletter) is having a dramatic effect. Companies are spending millions of dollars to rid their products of trans-fat on the assumption that anything other than zero on the label will send sales plummeting. **Continued page 4**

**Hints and Tips**

**Slow Down Eating**

Take time to eat. Allow time between courses. It takes 20 minutes before your brain registers fullness. Enjoy the company, chew food slowly, take in the surroundings.

It is deplorable how, even in classy restaurants, the emphasis is on serving you quickly and getting you out of the door as fast as possible.

**Continued: page 4**

**Quote**

“People deny that their life choices are making them sick.” *Dr. Nancy Appleton* in “Stopping Inflammation”.  
(See Book Review page 3)

**Recipe of the Month**

This is a delicious fruit tart that can be eaten as a snack or dessert.

**Peach Flan**

YYYYY

Serves 8

**Ingredients**

Fruit Component

1 lb. (455 g) Peaches (fresh)

2 tsp. Lemon juice

2 tsp. Fructose

"Dough" Matrix

4 Eggs, omega-3 rich, free-range

2 Tablesp. Olive oil

1 tsp. Fructose

2 tsp. Cinnamon, ground

2 tsp. Vanilla extract

4 oz (115 g) Almond powder

**Method**

Wash and dry the peaches -- do not peel. Slice them into small segments, mix them with the lemon juice and fructose in a bowl and set aside to marinate.

In a mixing bowl, beat the eggs with the fructose, mix in the olive oil, fold in the almond powder, add the vanilla and cinnamon. Mix well.

Take the marinated peaches with their juice and add them to the mixture, stirring well.

Take a 10" (26 cm) oiled flan mold, pour in the mixture and allow it to find its level.

Bake at 350°F (180°C) for 25 to 30 minutes or until cooked.

**Comment**

This is a fully conforming dish but it is nutrient dense -- so limit yourself to just one slice!

What about food combining? Some might worry about the fruit with the high protein "dough", especially at the end of a meal. But the peaches being cooked, there should not be a digestive difficulty.

Nevertheless, if you suspect a problem, try strawberries instead.

**Questions and Answers****Grape Juice Sugar**

**Q.** *In many up-market prepared products I see grape juice used as a sweetener. Is it better than sugar?*

**A.** No. Grape juice is very rich in ordinary sugar. But manufacturers have seized on the idea that "grape juice" doesn't sound as threatening as "sugar". Furthermore it sounds vaguely healthy, being a fruit extract.

When you see "sweetened with grape juice" (especially 'concentrated') on a food label, just think of it as having the same bad effect as ordinary table sugar.

**Cancer Genes not Fatal**

**Q.** *Last month you said that Hodgkin's disease was often linked to a genetic susceptibility. Does that mean that if I have inherited a cancer susceptibility I will inevitably develop cancer?*

**A.** No -- you just have to be more careful. The body's normal defenses against cancer provide 'robust' protection<sup>3</sup> against genetic weakness.

We have all inherited a genetic blueprint which is fundamentally fireproof against degenerative disease. Here and there the defenses are weaker -- but intact. We just have to make sure that our lifestyles do not tear down the defenses.

For more on how to ensure this, go to: [www.beatcancernaturally.com](http://www.beatcancernaturally.com)

**Leg Weakness and Vitamin D**

**Q.** *I am starting to suffer from leg-weakness and my doctor says that I am low on vitamin D. He has given me these pills to take. Is there a more natural way?*

**A.** There sure is: sunshine. The recommended intake of vitamin D is around 600 international units (I.U.) per day. The body can make 10,000 I.U. from just half an hour of summer sunshine. Vitamin D is really a cocktail of compounds. Sunshine is far superior to pills: it mixes and makes the cocktail in a way that the body recognizes and handles best.

There is no excuse for anyone to suffer from vitamin D deficiency, yet incredibly it is very common. Leg wasting can set in after the age of 40. Deficient older folk are twice as likely<sup>4</sup> to suffer falling-fractures as those who are not vitamin D deficient.

Our bodies were made for living out of doors. Don't be freaked out by the skin cancer alarms -- just be sensible and avoid burning.

**Biotech Food Labels**

**Q.** *What has happened to the European Union (EU) initiative to label genetically modified foods (GMO's)?*

**A.** In Britain it has just been signed into law. Any food that contains GMO or is made with GMO must be labeled. Meat, milk and eggs from animals fed with GMO feed however are not covered (but organic is OK).

In America no GMO labeling is required. The only way to be sure of avoiding GMO is to buy organic.

We are against GMO in principle. It is combining genes that would never mix in nature, such as jellyfish genes in potatoes; worse it is a mentality that is rushing us ever further away from our naturally adapted food supply.

**Raw Food Hitting Mainstream**

**Q.** *I live in San Francisco where there is a raw food craze. What do you think?*

**A.** We are strongly in favor of raw food -- but of the right kind! Our ancient ancestors ate all their plant food (fruits, roots, leaves, flowers and so on) raw, thus conserving micro-nutrients. Animal matter was, on the whole, cooked.

Raw foodists today often try to replicate conventional foods. Using blenders, food processors and low temperature cooking they make pasta, veggie-burgers, chili and ice cream. Worse, they are using non-human-food ingredients like flour, grains, beans and lentils.

Often the keenest raw foodists are vegans. This is not a problem provided they eat like a gorilla -- and keep away from all forms of starch, beans/lentils and sugar.

Eat your 1½ lb of fresh fruit per day, eat at least one big salad a day and your raw food intake will be fine.

**Eggs Improve Bad Cholesterol**

**Q.** *I am confused: eggs used to be banned for people with high cholesterol, but now I hear reports that, on the contrary they are helpful. What is going on?*

**A.** Eggs are just fine. In the Natural Eating book we mentioned previous studies on egg eaters<sup>5,6</sup>. They all demonstrated, contrary to received opinion, that eggs had no deleterious effect on health or cholesterol. This is only to be expected: eggs have been part of our ancestral diet since the dawn of the human race.

A recent study<sup>7</sup> shows that the types of fats and cholesterol in eggs are healthy and actually improve the quality of cholesterol in the blood. They explain why: cholesterol is not just one compound but a cocktail of many. There are 'good' fractions and 'bad' fractions. The two main 'families' are LDL (often called 'bad') and HDL (often called 'good'). But the devil is in the detail: of the LDL family members, some are 'good' (as those eggs) and some are 'bad' (not eggs).

The bottom line is ; we should have no qualms about eating eggs, but ensure they are free-range, organic and preferably omega-3 rich.

The purists eat eggs raw -- just like our ancestors. Some people worry about salmonella poisoning -- but you have a better chance of being struck by lightning than contracting salmonella from organic eggs.

### Guava Fruit

**Q.** *Where we live, guavas (the subtropical fruit) are now in season, plentiful and delicious. What do you think of them?*

**A.** Guavas are a great fruit. They are particularly rich in fiber (5%) and many vitamins (C, A, E), minerals and micronutrients. One of these, lycopene, is a powerful compound needed by the immune system to keep cancers suppressed. Lack of lycopene is also unhealthy for the heart and eyesight.

Guavas are relatively low sugar at 11% (apples have 15%). However, the breakdown between fructose and glucose is not published. Likewise, guava's glycemic index has not been seriously studied. However, circumstantial evidence suggests that guava is only modestly glycemic, in the same bracket as grapefruit.

### News Shorts

#### Tackling Child Obesity

The IOM (see "Obesity is not a Taboo Word", page 1) advocates a multi-pronged, nationwide approach similar

to that used in the anti-smoking campaigns: restricting advertising of junk food, removing it from vending machines, removing junk food options in school meals, making public open spaces pedestrian-friendly, educating parents to feed their kids properly, educating parents to get their kids away from the TV and computer screen, proper PE lessons in school, and encouraging exclusive breastfeeding for at least six months, etc.

Breast feeding? We have known for a long time that formula-fed children are much more likely to be obese<sup>8</sup>, and have other problems too, like heart disease, high blood pressure and cholesterol. Do like our ancient ancestors and suckle for as long as possible -- their children were only fully weaned at 4 years old.

*Will this report of pious intentions meet the same fate as previous ones -- buried by the steamroller of commercial lobbies and vested interests?*

### Alzheimer's Lifestyle Links Exercise

Old people who walk a lot (two miles a day) were half as likely<sup>9</sup> to get Alzheimer's as those who only walked ¼ mile per day.

*Even the oldsters in Pleistocene times had to walk many miles per day. Our bodies are built on the assumption that such physical activity will be there for it to function properly.*

### Omega-3 oils

A good consumption of omega-3 oils is necessary to maintain good brain function in old age according to a recent study<sup>10</sup>.

*The researchers did not control for omega-6 overconsumption. We can assume that the results would be even better if the omega-3's and omega-6's were in balance -- as they were for our Pleistocene ancestors.*

### Book Review

#### Stopping Inflammation Relieving the Cause of Degenerative Disease by Nancy Appleton<sup>11</sup>

Inflammation is the result of infection by germs, right? Only partly, according to Dr. Nancy Appleton -- in a completely new insight she shows how inflammation, triggered by hitherto unsuspected factors, can also CAUSE disease.

In this impressively researched book she documents how most, if not all, degenerative diseases like cancer, heart disease, Alzheimer's, diabetes and many more, can be either initiated or made worse by inflammation.

What is this inflammation and why does it happen? Dr. Appleton zeros in on one major factor: food and the allergies and intolerances it provokes. In clear language she describes how the body's immune system is supposed to work and how it caves in under the pressure of the wrong foods, generating abnormal quantities of inflammatory compounds.

As the author of *Lick the Sugar Habit*, she comes down hard on sugar itself and all its aliases. She also singles out dairy and wheat. In handy tables she also lists the dozens of other foodstuffs that could be implicated. She highlights the paradox that it is often the food one craves that makes one sick.

In an insight that will be completely new to many people, she explains how the blood-brain barrier is made more porous by allergens, opening the brain to inflammatory compounds. These can aggravate a vast range of mood and behavioral problems including hyperactivity, aggression, schizophrenia and depression.

In the final part of the book she draws all the information together and puts perspective on it. She gives practical and clear guidelines to correct one's lifestyle, notably eating habits.

From our point of view we would have also demonized starch (it is just sugar in another form); we would have given the role of omega-6 oils in inflammation greater emphasis; we would have liked the lifestyle errors to be ranked for risk. But these are minor quibbles.

In many degenerative diseases, conventional medicine is often powerless or just treats the symptoms. This book is a great guide for identifying and removing the underlying causes of many diseases and for restoring a harmoniously working body.

### Buyer Beware

#### Ground Meat Fat Content False

In a survey of ground (minced) meat from beef, lamb, pork, turkey and chicken, the UK's Food Standards



Agency found that a high percentage of claims were false.

40% of the "extra/super lean" samples exceeded the 9% fat limit. 2% exceeded the 25% fat limit for any ground meat.

American consumers cannot be complacent either. Similar surveys show that fat claims are "consistently misleading and inaccurate".

**Our View?** Buy the generic, albeit factory food and cut off the excess fat. You can only be reasonably sure with skinless chicken and turkey breast. Better: most wild game is fine. It has a fat profile close to our ancestral animal food.

**From Page 1**

**Human Nature**

**Breeds and Intelligence**

What does this mean? The book title refers to the bell-shaped graph that shows not only where the majority of people lie, but also what happens at the extremes. For example says Dr. Murray: "the average white person tests higher than 84% of blacks and the average black person tests higher than 16% of Whites".

Murray and Herrnstein show how low intelligence correlates strongly with most of today's intractable social problems -- but public policy is scared to recognize the connection.

How did these ethnic differences come about? Dr. Philippe Rushton, featured last month in the ethnicity-parenting connection, proposes<sup>12</sup> the same reason as before: the split

between Africans and everyone else occurred about 70,000 years ago. East Asians and Europeans had the toughest survival challenge, particularly in the last ice age (peaked 18,000 years ago). The selection pressures favored those with a higher intelligence. Black Americans, often highly interbred with Whites, score better than pureblood Africans.

What does this have to do with Natural Eating? We would do well to wonder if there is a diet/ethnicity connection. Next month we look at that question and pull all these strands together.

**Food Policy**

**Trans Fat Kill Off**

Doritos, Goldfish Crackers and many more have been reformulated to be trans-fat free. You will not see it trumpeted though: companies do not want to draw attention to the unhealthy nature of what went before -- or that it might taste different now. However, Oreos still contain 2.5 gram of trans fat per three cookie serving. Nabisco, the maker, has not yet succeeded in finding an "undetectable" reformulation. All microwave popcorn is still loaded with trans-fat.

Of course, none of our readers touches such products, reformulated or not, do they?

**Hints and Tips**

**Slow Down Eating**

Don't allow yourself to be given the rush. Take your time. Take a leaf out of the French or Italian book. They know how to enjoy a meal stretching

it out with some agreeable conversation.

That is the way to control the quantities that you eat and to give yourself unhurried digestion as well.

**Public Events**

**November 2<sup>nd</sup>. Cyprus TV.**

Geoff Bond will appear in the English Language News on the Paphos TV network, broadcast at 8.00 pm.

**November 5th. Newspaper Article.**

A feature on Geoff Bond will appear in the Friday, November 5th edition of Cyprus Weekly.

**Advance Notice: February 12<sup>th</sup> or 13<sup>th</sup> 2005**

**Talk.** Provisionally entitled "Eating Right for Humans, with emphasis on anti-Diabetic Measures". Health & Wellbeing Festival, Venus Beach Hotel, Paphos.

<sup>1</sup> The Bell Curve: Intelligence and Class Structure in American Life; Simon & Schuster; NY; 1994  
<sup>2</sup> IOM preprint; Oct 2, 2004  
<sup>3</sup> Steven Frank; Nature Reviews Genetics 5; 764-772 (2004)  
<sup>4</sup> Bishoff-Ferrari; J. Bone & Min Res.; Feb 2003.  
<sup>5</sup> Kummerow; Eggs and Serum Cholesterol; AJCN; 30; 664-73, 1977.  
<sup>6</sup> Vorster; High Egg, Low Fat diets: effect on Blood Lipids; AJCN; 1987; 46; 52-7  
<sup>7</sup> AJCN; Oct 2004; 80 (4); 855-861  
<sup>8</sup> Von Kries; BMJ; July 16, 1999  
<sup>9</sup> JAMA; 22 Sept; 2004  
<sup>10</sup> Calon F, Neuron. 2004 Sep 2;43(5):633-45  
<sup>11</sup> Square One Publishers; NY11040, USA, 2004. 228 pages, \$14.95. [www.squareonepublishers.com](http://www.squareonepublishers.com)  
<sup>12</sup> Race, Evolution and Behavior; New Brunswick, NJ; Transaction Publishers; 3rd Edition, 2000.

RESOURCES	Qty	US\$	Total	Name:
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