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Human Nature: Feeding Patterns and Ethnicity. **Human Food:** Roasted Summer Vegetables (picture). **Human Migrations:** Invader Farmers Spread their Genes. **Medical Quotes:** Research Evidence Twisted; Dirty Tricks. **Spreading the Word:** Natural Eating comes to France. **Recipe:** Roasted Summer Vegetables. **Q&A:** Rabbit Food; AIDS; Omega-3 Fish Oils from Food; Potatoes Toxic?; Diverticulosis; South Beach Diet; Natural Supplements - Noni Juice, Pollen, Algae. **Opinion:** Antibiotics - A Precious Resource Squandered. **Book Review part 1:** Carbs from Heaven, Carbs from Hell. **Hints:** Pester-free Shopping. **Food/Behavior Link:** Omega-3 deficiency/Dyslexia.

Human Nature**Feeding Patterns and Ethnicity**

In the last few months we looked at ethnic differences in terms of behavior. This month we look at how foods and ethnicity might be linked.

We often say that, in nutritional terms, we are all the same under the skin. How true is this?

More precisely, the core principles are the same for all of us. However, around the edges, some peoples are more resistant to some deviations from the core than others.

In a well known example, Scandinavians, Germanics and Anglo-Saxons are more resistant to the effects of **DAIRY PRODUCTS**. In the 1950's Caribbean people migrated to England. Schools were instructed not to force the newcomers to drink the free school milk, "since West Indians are intolerant of milk". We now know that the same applies to just about everyone on the planet¹.

Caucasians generally are more resistant to a high **STARCH** and high **SUGAR** diet. Blacks, Hispanics, native Indians, Aborigines, Polynesians, Eskimos and many other people have enormous problems with grains, starches, sugar and potatoes. Diabetes, obesity and heart disease are rife in these peoples when exposed to the Western diet. Eskimos do not even make the enzymes necessary to digest sugar¹.

Celtic peoples (includes Scots and Irish), East Asians (Chinese and Japanese) and many primal peoples have trouble with **ALCOHOL**. They become drunk more readily and have greater difficulty recovering.

Continued page 4**Human Food****Roasted Summer Vegetables**

This is the succulent and healthful dish that we portray in this month's recipe on page 2.

Human Migrations**Invader Farmers Spread Genes**

How did the ideas and techniques of farming spread around the world? Did the farmers invade their neighbors or did the neighbors learn from the farmers?

A recent study² of Chinese DNA supports the theory that Chinese cultures and farming expanded through conquest. The Han (Chinese) people, who all share the same language and culture, spread south and west from a small region in north-east China around Peking to the region we know today as China. In Jared Diamond's words³, "The Chinese were especially vigorous in replacing other ethnic groups, whom Chinese speakers looked down upon as primitive and inferior."

In a similar way, Bantu farmers ("Africans") spread out from West Africa all over Africa south of the Sahara. They displaced the native foraging peoples of whom a few isolated remnants survive such as the San bushmen of the Kalahari, the Pygmies of Equatorial Guinea and the Hottentots of South Africa.

Medical Quotes

Medics have a challenging job and do it incredibly professionally -- but sometimes things go wrong. Quotes are from Dr. Krystosik's book (see Review, page 3)

Research Evidence Twisted

"When I go to my doctor, I'm putting my health in his hands. But how can my doctor know the real facts, the best evidence, when sponsors of research suppress, twist and spin the evidence?" -- *Drummond Rennie, Deputy Editor, JAMA. (The medical profession's official journal)*

Dirty Tricks

"A federal court found my profession [medical doctors] guilty of a prolonged and systematic attempt to completely undermine the profession of chiropractic, often using highly dishonest methods." -- *Wayne Jones M.D. Director, 1995-98, Federal Office of Alternative medicine, National Institutes of Health.*

Spreading the Word**Natural Eating in France**

Geoff Bond has just signed with Oskar Editions of Paris, France for his revised and updated Natural Eating book to be published and distributed throughout the French-speaking world..

Promotions and publicity will be launched in late January with a press lunch. The idea is for it to take place, appropriately, in the 'Musée de l'Homme' (History of Mankind Museum) in Paris. Caterers will be briefed to prepare a lunch that is tasty, attractive -- and in conformity with Natural Eating principles.

The book should be available on French bookstalls from early April.

Recipe of the Month

This is an updated and improved variant of the popular dish featured in the Natural Eating book. Picture on page 1.

Roasted Summer Vegetables

YYYYY

serves 4 to 6

Ingredients:

- 2 medium onions
- 2 medium red bell peppers
- 2 large heads of garlic
- 2 Japanese eggplants
- 2 medium tomatoes
- 1 small squash
- 2 medium zucchini
- 8 button mushrooms
- 6 Tbsp. (3 fl. oz, 90 ml) olive oil
- 6 Tbsp. (3 fl. oz, 90 ml) vegetable broth
- 2 tsp. thyme
- coarse salt (moderate)
- black pepper, ground

Method:

Peel the onions. Quarter them through the root, leaving the root intact if you can.

Pre-cook the onions by steaming them for a few minutes.

Halve and seed the peppers, removing the stalks and any white membrane. Cut each pepper into quarters.

With a sharp knife cut the cleaned, but unpeeled garlic bulbs in half through the equator.

Cut the unpeeled eggplants in half lengthwise.

Cut the unpeeled tomatoes in half through the equator.

Cut the unpeeled squash lengthwise into 8 slices.

Cut the unpeeled zucchini in half lengthwise.

Clean the mushrooms gently with a kitchen paper and cut off the ends of the stalks.

Place all the vegetables in a very large baking dish with the vegetable broth. Drizzle the olive oil and sprinkle the thyme, salt and pepper. Bake in a preheated oven at

400°F (200°C) for about 35 minutes, turning the vegetables twice. They should be tender and browning but not disintegrating. The garlic (still in its husk) should be golden and soft.

Comment:

This is a hearty and varied vegetable dish. It is quite filling and can easily serve as a complete meal in itself. Note the baked garlic bulb. This is a little-known but delicious way of eating garlic. It is possible to bake garlic on its own as a side dish.

Questions

Rabbit Food

Q. *I have always enjoyed rabbit to eat from my earliest days from living in the country. Is it a conforming food?*

A. Yes, rabbit is just fine. It is low fat (less than 5%) and the fat profile is very good. Wild rabbit is marginally better than domesticated.

AIDS

Q. *Does Natural Eating help in cases of AIDS?*

A. It is a source of great annoyance to us that medical research focuses exclusively on drug solutions to fight this scourge.

So the short answer is that nobody knows. We can only give our earlier answer back: Natural Eating stacks the deck of cards in your favor -- it will ensure that your HIV-fighting immune system is operating at full efficiency.

In the meantime we are actively pressuring for greater knowledge in how lifestyle factors can influence the course of AIDS. Watch this space.

Omega-3 Fish Oils from Food

Q. *My health professional has advised that I should take omega-3 fish capsules. However I would prefer to get them naturally. How much oily fish would I have to eat?*

A. The maintenance dose that you get from capsules is usually about 1 gram per day. This is fine if your consumption of omega-6 oil is also kept to only 1 gram per day too (see pages 79-81 of the Natural Eating book).

To get one gram of omega-3 oil from fish you need to consume a normal, modest portion of oily fish -- 4 oz to 5 oz (115g to 150 g). That is the

amount in a small can of salmon for example.

This applies to herring, kippers, sardine, mackerel, salmon, trout and some kinds of tuna. White tuna and Bluefin tuna are fine for your purposes, they are rich in omega-3 oils; yellowfin and skipjack are not. Not all brands declare the species of tuna on the label, so favor the ones that do.

Warning

We have polluted our seas with some noxious chemicals, notably mercury and PCB's*. According to the FDA, King mackerel and tuna are to be avoided by pregnant women. (See December 2003 Newsletter.)

Potatoes Toxic?

Q. *Is it true that potatoes can be poisonous, particularly the bits under the green skin?*

A. Yes. This is one of the reasons we come down hard on potato as an unwelcome newcomer. (The other main reason is that it creates havoc with blood sugar levels)

If the potato were introduced to Europe today, instead of in the 16th century, the European Union would have banned it as unfit for human consumption. It contains the poison solanine that is "unsafe at any level". The importance of checking was dramatically demonstrated in the US where a man almost died from eating the new Lenape variety, introduced in 1964 without screening for poisons⁴.

Diverticulosis

Q. *I have been diagnosed with diverticulitis. (Inflammation of the colon). I have had a long course of antibiotics. My doctor advises that I consume a high bran diet (All-Bran) and a high microbe yoghurt such as Yakult.*

A. Don't waste your money and don't wreck your gut. It needs *gentle* fiber -- what is known as *soluble* fiber. Typically it comes from colored plant food (salads, vegetable and fruits). Bran is the opposite: it is a harsh *insoluble* fiber.

Your gut flora, of which there are over 400 species, will have been decimated by the antibiotics. The knee-jerk reaction is to prescribe foods that

* PCB's are a class of now-banned industrial chemical. They still persist in the environment and cause liver problems, skin disease, and dizziness.

contain bacteria. Well, Yakult contains just one bacterium: "*Lactobacillus casei Shirota*". What about the other 399 species?

What you must do now is send down to your colon the kinds of foods that both your gut and friendly bacteria recognize. Healthy gut flora need to be fed soft, bulky residues. Just stick to the Natural Eating precepts -- especially the consumption of non-cereal, non-potato plant foods.

The South Beach Diet

Q. *Many of my friends have been following the South Beach Diet. What is your opinion about it?*

A. Not great -- and there are good reasons for saying so. The South Beach Diet is an example of how to play to people's weakness: give them the gain without the pain.

Like Atkins, Dr Agatston (the diet's inventor) talks about cutting out bad carbohydrates -- but then allows them to be reintroduced after two weeks.

He has some really twisted ideas about 'bad' fats even to the extent of saying that French fries are a better choice than baked potato; in fact they are both bad, but the fries cooked in oxidized fats are worse. He advises that margarine is better than butter; in fact they are both bad but margarine (hydrogenated and transfatty) is worse. He promotes the consumption of dairy products -- commercial, pasteurized milk no less.

In the South Beach blurb, they ask: "are you ready to lose weight and get healthy?" Possibly people will lose weight for a while -- but it is certainly not a recipe for getting healthy.

The only health in the diet is for the advertising media's bottom line. The publisher, Rodale press is spending one million dollars per MONTH to publicize the system. At that level of mass manipulation, even a telephone directory can become a best-seller.

Natural Supplements

Q. *I have been consulting a naturopathic doctor and he has advised that I take regular doses of noni juice, bee pollen and blue-green algae. What is your view?*

A. To be fair, your N.D. might well have identified severe nutrient deficiencies and this is a short term fix to get your body on course.

However, beware of 'mission creep' where you are encouraged to keep spending the money long after the need has disappeared.

The products you have been prescribed all contain good, even exceptional, levels of various micronutrients. However, don't kid yourself. Noni juice (from a Tahitian fruit) might sound more exotic than an apple or pear, but in the long run a selection of ordinary fruit does the job just as well. Bee pollen (also called 'bee bread') contains proteins, fats, carbohydrates and a range of vitamins and minerals. The nutrition is designed by nature to keep worker bees alive -- not humans. Pollen might well serve a short term purpose, but the emphasis must be on moving over to human foods as soon as possible.

The same can be said about blue-green algae. They consist mostly of proteins, carbohydrates and fats that could be obtained from normal human food. However blue-green algae do contain high concentrations of some useful micronutrients, notably vitamin A, beta-carotene, vitamin D and vitamin K.

Vitamin B12 and Vegans

In addition, and quite exceptionally, blue-green algae are rich in vitamin B12. This vitamin is essential for human health and it is normally only available from products of animal origin. Blue-green algae are classified as bacteria so vegans (who will not eat animal products) could find this a useful source of B12.

Next month: Microwaves Ovens; Irritable Bowel; Insulin Index and more

Opinion

Antibiotics

A Precious Resource Squandered

Geoff Bond writes:
In 1969 I was upcountry in Northern Nigeria and got a cut on my finger that went septic with some nasty tropical bug. Within days my hand had swollen and throbbed so painfully that I had to hold it above my head, swathed in cold bandages. Redness and inflammation were creeping up the veins in my arm.

My driver got me into the Landrover and rushed me for 24 hours through the bush to a field-clinic in Kaduna. The nurse made me take my trousers

down and she injected a massive penicillin dose in my buttocks.

It was a miracle: within hours the swelling was going down, the pain was gone and within a few days the cut was healed. That was the last time I received antibiotics. They saved my life -- a miracle drug.

It is criminal that today antibiotics are used routinely for trivial complaints and worse, on diseases such as sore throats where they don't work anyway. We have squandered an incredible resource by creating resistant bugs and sensitized bodies.

Enlightenment of Modern Medicine

As Natural Eaters, we are not hostile to conventional medicine: the scientific method and intellectual honesty have brought us out of the grisly time of medieval quackery and blood letting. It is just a pity that modern medical practice focuses ever more on pharmacological 'fixes'.

Hippocratic Wisdom

Hippocrates, the father of medicine who flourished in ancient Greece 2,500 years ago, taught that we should foster the body's tendency to cure itself. He laid much stress on diet and the reluctant use of drugs. Modern medicine is losing sight of this ancient wisdom.

Book Review - part 1

Carbs from Heaven

Carbs from Hell

By Dr. James D. Krystosik⁵

It is a brave man who takes on the low carb fad and Dr. Krystosik meets it head on. He picks apart the Atkins diet and exposes its terrible health consequences.

Corrupt Medical Profession

Not satisfied with that he brutally exposes the medical profession's institutionalized prejudice against any treatment that does not fit into their orthodox paradigm. A paradigm which, seemingly, abandons Hippocratic ideals (see "Opinion" this page). He excoriates the American Medical Association for carrying out a systematic dirty tricks campaign to discredit alternative, yet scientific, practices. (see Quotes, page 1) To be fair, many good medical doctors quietly practice 'integrative medicine', which incorporates neighboring sciences such as nutrition.

Alternative Food Pyramids

Dr. Krystosik comprehensively demonstrates the foolishness of the USDA food pyramid. In its place he sets out alternative pyramids, each based on an ethnic diet that has a healthier profile: Latin-American, Asian and Mediterranean.

Carbohydrates from Heaven

So what is a "Carbohydrate from Heaven"? If you ask Joe Blow, "What food-groups do fruits and vegetables belong to?", he would be hard put to tell you. In fact they are carbohydrates and most of Dr. Krystosik's 'carbs from heaven' are indeed fruits, salads and vegetables. However, seduced by his ethnic pyramids, he also includes whole grains, potato and beans.

Carbohydrates from Hell

Dr. Krystosik's 'carbs from hell' are refined, processed grains, French fries and sugars. However, Dr. Krystosik admits, even heavenly carbs can become 'hellish' if they give you illnesses such as ulcerative colitis, gluten sensitivity, leaky gut, gas, allergies, behavioral disorders, migraines, and hidden food intolerances. Dr. Krystosik leaves silent the fact that these maladies are almost always triggered by grains, potato and beans (rarely by fruits, salads and vegetables).

Dr. Krystosik's important book raises many more interesting questions. Next Month: part 2.

Hints and Tips

Pester-free Shopping

Supermarkets take a hard-nosed view about sales. They know that mothers find it hard to refuse their children anything; supermarkets quite

cynically exploit what they call "child pester-power".

Displays of attractive (yet junk) product are placed at child eyelevel and at check-outs. Supermarkets work hand-in-glove with the TV and magazine advertisers. They create a seamless, rapid transition from 'have-not' to 'must-have' to 'have-it-now'. It poses an almost insurmountable problem for mothers trying to protect their children.

But the supermarkets themselves have shown us the way out: online shopping. In the privacy of your own pc, just purchase the goods that you know are right for your loved ones. Keep our **SHOPPING LISTS** handy -- they are part of our Toolbox/Manual. A download of the whole Manual can be purchased for \$7.95 Just press the button "Order Online" on our home page: www.naturaleater.com

Food/Behavior Connection

Low Omega-3 linked to Dyslexia

A number of studies^{6,7} have found that children who have deficient intake of omega-3 oils (found in oily fish, canola oil, flax oil, walnut oil etc (see page 80 of natural Eating book) are much more likely to be dyslexic.

In the Royal Berkshire Hospital Dyslexic Study⁷, some children increased reading age by two years in just 6 months after correction of the omega-3 deficiency. Another study⁸ found that adults also had similar improvements when the omega-3 deficiencies were corrected.

Omega-3 rich foods were always present in our ancient diet -- our bodies need them in so many unsuspected ways. We diverge from our ancestral diet at our peril.

From Page 1

Human Nature

Feeding Patterns and Ethnicity

What does this mean? Modern medicine is beginning to recognize the differences in the way different ethnic groups get diseases, the way they react to drugs and the remedies that are right for them.

However, as far as feeding is concerned, there is a common denominator for the whole human race. All human beings would be better off eating the same 'core' way. That 'core', is the Natural Eating pattern -- eating in harmony with our human heritage.

Public Events with Geoff Bond

Tuesday December 7th 2005

TV Interview. Paphos TV at 8.30 pm

Program: Paphos Today

Sunday, February 13th 2005

Talk. Fear Not Diabetes and Cancer

Revolutionary Insights for Avoidance and Recovery. Health & Wellbeing Festival, Venus Beach Hotel, Paphos.

¹ Food- a Selective Agent in Evolution; Kretchmer; in Food, Nutri & Evol; Masson; 1981
² Bo Wen et al; Nature; 431; Sept 16 2004.
³ Guns, Germs and Steel; Vintage; 1998
⁴ New Scientist vol 183 issue 2463 - 04 September 2004, page 85
⁵ Square One Publishers; NY11040, USA, 2004. 272 pages, \$16.95. www.squareonepublishers.com
⁶ Richardson et al; Prostaglandins, Leukotrienes and Essential Fatty acids; 2000; 69-74
⁷ Richardson et al; Nutrition in Development Disorders Conference, October 2001.
⁸ Taylor et al; Prostaglandins, Leukotrienes and Essential Fatty acids; 2000; 63: 75-78

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