

NATURAL EATING NATURAL EATING NATURAL EATING

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Human Nature: Teeth show Eskimos had harder time than Neanderthals. **Quote:** FDA: The Watchdog Captured by the Watched. **The Human Condition:** Eskimo - Extreme Survival. **Question of Month:** Heated Oil is not Transfatty. **Viewpoint:** The Problem Doctor -- or the Problem Patient? **Recipe:** Gazpacho. **Q&A:** Mothers Milk -- Fat Fallacy; Rice Flour -- No Answer; Microwave Ovens OK; Irritable Bowel Calmed; Power Breakfast. **Book Review Part 2:** Carbs from Heaven, Carbs from Hell by Dr. Krystosik. **Hints and Tips:** Eggs in Reserve. **Food/Behavior Connection:** Transfat Damages Learning. **Food/Health Connection:** Gazpacho Fights Cell Damage.

Human Nature**Teeth show Eskimos had harder time than Neanderthals**

The Neanderthals, a species closely related to humans, thrived in Europe for over 300,000 years until they suddenly died out just 30,000 years ago, at the height of the last ice age.

Some theorize that the Neanderthals succumbed to the ice age's 'unbearable' rigors -- but this is hardly credible -- they had survived several earlier ice ages without problem.

Debbie Guatelli-Steinberg of Ohio State University studied tiny defects in Neanderthal teeth and ancient Eskimo teeth. These defects known as 'linear enamel hyperplasia' are indicators of dietary deficiencies. She also examined 'perikymata' -- tooth markings showing how the tooth grew -- rather like tree rings .

She found that Eskimos suffered worse dietary deprivation (up to three months at a time) than the Neanderthals. Guatelli is now going to study the teeth of Cro-Magnons -- the humans who almost certainly killed off the Neanderthals.

Quote of the Month**FDA: The Watchdog Captured by the Watched**

The Federal Drugs Administration (FDA) is supposed to police food safety. But all is not well: the former head, no less, of the FDA, Harvey Wiley, M.D. said even in 1976¹:

"The makers of unfit foods have taken possession of Food and Drug enforcement, and have reversed the effect of the law, protecting the criminals that adulterate food, instead of protecting the public health."

The Human Condition**Eskimo: Extreme Survival**

Eskimo Family -- ca. 1896. (G J Bond collection)

The Eskimo is a remarkable example of the ingenuity and adaptability of the human race to survive in the most inhospitable circumstances. The 2001 film, *The Fast Runner*, is a superb reconstruction of their traditional lives. By all accounts the Eskimo was a cheery sort in spite of the harshness of his lifestyle. But it is not one that we recommend. Humans are designed for life in a sunlit, warm, tropical climate.

Question of the Month**Heated Oil is not Transfatty**

Q. *Is it right that by heating oil (in cooking) we are creating transfats?*

A. No. Transfats are created by the process known as "hydrogenation". Fat manufacturers take the vegetable oil, add a catalyst such as platinum, and then heat at high temperature and pressure while bubbling hydrogen through it. They do this to turn the oil into a solid fat. When you cook at home we are sure you don't do that! We advise against overheating oil for a different reason. With high heat some fats oxidize -- and oxidized fats are artery-harmful. However some oils, notably olive oil resist oxidation well -- which is why we advise using it for cooking.

See *Transfat Damages Learning*, p. 3.

Viewpoint

Guest contributor, Dr. Peter Galgut, gives us the doctor's perspective on demanding patients. Here is Part 1.

The Problem Doctor -- or The Problem Patient?

Dr Peter Galgut

So there you are, hale and hearty -- and then something happens - you don't feel too good anymore. It's usually something fairly trivial and not life-threatening: perhaps a bad cold, or flu, or a tummy bug, or a sore throat, or any of the other numerous ailments that plague us from time to time. So what do you do? You go to the doctor -- and what does the doctor do? He gives you some medicine such as an antibiotic. And then?

Side Effects

And then you get the side effects -- and these are many. You feel sick and nauseous, maybe you have an upset tummy, feel light-headed or suffer a headache.

Resistance

More importantly, every time you take an antibiotic, the bacteria that are causing infection learn to cope with it. The next time you take the antibiotic it doesn't work -- you have developed "resistant strains".

So the next time you run to the doctor you get a "stronger" antibiotic, and that works until the bacteria get resistance to that -- and the side-effects are more severe and you feel even worse. So you blame the antibiotic, or the doctor for prescribing it in the first place.

Continued page 4.

Recipe of the Month

Gazpacho

(Spanish Cold Vegetable Soup)

YYYYY

6 servings

There are many recipes for gazpacho. It is essentially a combination of tomatoes, cucumber and Mediterranean flavors and condiments.

Ingredients

- 2 lb (1 kg) ripe fresh tomatoes
- 1 lb ($\frac{1}{2}$ kg) cucumber
- 1 small onion
- 1-2 large green (bell) peppers
- 1 red (bell) pepper (optional)
- 3-4 cloves garlic
- $\frac{1}{2}$ cup (100 cc) Canola (rapeseed) oil, organic. (alternative: olive oil.)
- $\frac{1}{4}$ cup (50 cc) wine vinegar (ideally from sherry)
- 2 Tbsp. lemon juice

Method:

Peel the cucumbers and remove the seeds from the peppers.

Chop all the vegetables and mix in a blender.

Add the oil, vinegar and lemon juice and blend again. For a smoother texture, peel and seed both the tomatoes and the cucumbers.

The gazpacho can be served straight away, but the flavors are better when matured overnight in the refrigerator.

Comment: Gazpacho is normally served chilled, and the Eskimo (page 1) ate everything cold, even frozen! But if you don't fancy that in wintertime, room temperature is fine. Just avoid heating.

This is a great way to consume vegetables RAW -- and they have wonderful life-giving properties.

See articles:

- Gazpacho Fights Cell Damage, p. 3
- Power Breakfast, p 3
- Irritable Bowel Calmed, this page

Next Month: Mulled wine to warm you up.

Questions

Mother's Milk -- Fat Fallacy

Q. Why should the saturated fat called palmitic acid, be so bad for us when it comprises some 25% of the fat in mother's milk. Isn't this irresponsible of Mother Nature?

A. No. An unweaned baby is not yet a fully developed human (biologically speaking). It is really a fetus that has been born before it is fully developed.

A baby has a different biochemistry, different digestive arrangements, even a different anatomy, to a human adult form.

In particular a baby is building brain at a fantastic rate -- and the grey matter has a significant component of saturated fats.

Human milk contains just 4.2% fat. Palmitic acid accounts for 1%. There is 0.35% of another "bad" fat, myristic acid.

Palmitic and myristic fatty acids are particularly harmful to human bodies from the age of about four onwards -- as has been thoroughly documented scientifically². Both these fats are found concentrated in butter (which is, after all, milk-fat) and in most other animal fats. They are also present in many so-called 'tropical' oils. Palm oil from which palmitic acid gets its name, is a case in point. Palm oil is used in many processed foods.

The human species is designed for mothers to continue suckling their babies until they are about four years old. By the time a child is four years old his brain growth has slowed right down; his biochemistry has developed into the one that he will keep for the rest of his life. The need for these saturated fats stops and his body's ability to handle them stops too.

The body does not know how to handle these saturated fats after about four years old.

It is a common misconception that, if milk is the ideal food for babies, then it must be good for adults too. In fact the opposite is the case. We would all do far better if we accepted that, just like all other mammals, WITHOUT EXCEPTION, milk is strictly for the young of the species. It is an abomination after the age of weaning.

Rice Flour no Answer

Q. What do you make of rice flour; is it a good substitute for wheat flour?

A. No. Rice flour suffers from most of the disadvantages of wheat flour. It is even more glycemic (creates unhealthy blood sugar surges) and it contains many allergens and plant poisons. However, rice flour contains very little gluten so in this respect it is not as bad as wheat. But this little advantage is not enough to compensate for all the other drawbacks. **AVOID.**

Microwaves Ovens OK

Q. I am confused: is it all right to use microwave ovens?

A. In a word, "yes". There seem to be two main types of urban myth about the use of microwave ovens.

Some people are worried that it is 'irradiating' the food and it is somehow radioactive afterwards. This is nonsense. Microwaves are just a form of low frequency heat and have nothing to do with the emission of radioactive particles.

Moreover, this low frequency heat occurs in the safe part of the electromagnetic spectrum (which includes light waves, radio waves, heat waves and so on). It is sandwiched between the infra-red (glowing heat) and television transmissions. The dangerous waves like x-rays and gamma rays are at the opposite end of the spectrum, beyond the ultra-violet.

Some people are worried that microwaving destroys the nutrients in the food. Well, the answer is that fish and poultry are more safely cooked this way than by roasting or grilling,³ where oxidized fats are the problem (see Heated Oil is not Transfatty, page 1). Vegetables are no worse off than if they were boiled -- not as good as steaming, but better than not eating them at all.

Our ancient ancestors ate their vegetables raw. In an ideal world we would do the same. But if we have to cook, microwave is a reasonable option.

Irritable Bowel Calmed

Q. I have been diagnosed with irritable bowel syndrome (IBS). I have had lots of tests and treatment without any success. Is there anything that you can suggest?

A. Medical science struggles with 'syndromes' like IBS because it is missing an essential piece of the puzzle: a proper knowledge of nutrition.

That is where other branches of science (like ours) come in. We know how the modern diet puts immense stress on our digestive tract. We know why the large bowel (colon) often gives way.

There are a number of eating errors which are known to provoke IBS. The two biggest are the consumption of grains and of dairy products. The human digestive tract was not designed to cope with these substances. They carry a cargo of allergens (such as gluten and lactose respectively) and many plant poisons (such as lectins). Pulses (beans and lentils) also contain many compounds that are highly aggressive to the colon.

On the other hand, a diet rich in the soluble fiber found in plant food is found to be soothing and beneficial. This is not surprising: they send down the residues that the human colon was designed to work with.

The basic message is: go cold turkey on the Natural Eating precepts. Why not start with the gazpacho dish on page 2? You could live on it for a few days: you should see a dramatic improvement.

Power Breakfast

Q. *I get up at 6:30 am, run around getting the kids and the house ready, At 8.00 am I rush the kids to school and dash to the gym at 9:30 am to do a 1 hour full body workout class. I'm not in the mood to eat much and don't have much time -- but what is the best breakfast to give me the energy?*

A. Our ancient ancestors had a less intense start to the day -- waking up with the dawn, maybe nibbling on some leftovers, and then heading off on a leisurely foraging expedition when they felt ready. So you are asking your body (and your mind) to do things they were not designed for!

However we have to go with what works in today's frenetic world. There are a number of ideas for breakfast, and we will remind readers of them over the next few issues.

For your particular situation, try the gazpacho soup on page 2. It is easily

made in large batches and can even be frozen. Just get it out of the fridge in the morning and consume just as much as you feel like. You can even take it to the fitness center in a sports bottle and take sips as you go.

If you want some extra consistency, have a ready-prepared hard-boiled egg or two.

Q&A Next Month: Insulin Index (put back from this month), Feeding Runners, and many more.

Book Review - part 2

Carbs from Heaven Carbs from Hell

By Dr. James D. Krystosik⁴

The first part of this review appeared last month. If anyone missed it the full text is available on our website under Book Reviews.

Blood Sugar Control

The problem of blood sugar control is well explained and the glycemic index (G.I.) of foods is tackled. This is a brave move: inconveniently whole grains and potatoes have glycemic indexes as bad as sugar. Dr. Krystosik tries to exonerate them by claiming, incorrectly, that: "The glycemic index does not take into account the positive effects of fiber." On the contrary, these foods are tested with all their fiber intact.

Dr. Krystosik invokes another notion: that anyway, the effect on insulin levels is what is really important. However he does not mention that in this case, potato comes off even worse: it raises insulin 25% more severely than even white bread.

Exposed

In fact Dr. Krystosik is valiantly trying to defend a position that is too exposed and it leads him to say some unwise things. For example he claims: "during the Ice Age, people only lived into their mid twenties". This is not only wrong but counter-intuitive. If parents died off while their children were still toddlers, it is hard to imagine the tribe surviving very long.

Composite Diet

At the end, we find out why Dr. Krystosik is so keen to defend his version of 'carbs from heaven' (which include those pesky unrefined grains, beans and potato). He has created a new diet from a composite of the

ethnic diets, which he calls 'The American MediterrAsian Diet'.

There is no doubt that Dr. Krystosik's new diet, even with our quibbles, is a vast improvement on the average American diet.

Strategies

Dr. Krystosik does not shy away from the main difficulty that all of us have: how to actually DO all the sensible things we are being told. So he advances some interesting and unusual strategies for effecting change. One example is to find a 'wellness' coach -- maybe just a buddy -- who acts as your conscience and keeps you on track.

Worth Reading

This book is worth reading too for the many other robust and interesting insights that Dr. Krystosik brings to the food, diet and health industries.

Hints and Tips

Eggs in Reserve

Keep a supply of hard-boiled eggs on hand in the fridge. (Always go for the organic, omega-3 sort if you can.) Mark them with a felt-tip pen so that you don't confuse them with uncooked ones.

These eggs make a useful quick snack if someone is hungry in the house, or to grab as you rush out for a meeting or dash off to work. (See 'Power Breakfast', this page.)

Food/Behavior Connection

Transfat Damages Learning

Ann-Charlotte Granholm of the Medical University of South Carolina in Charleston has studied⁵ the effect of trans fats on rats.

When put through a standard maze test, the animals on the trans fat diet learned more slowly and made more errors. They were FIVE TIMES WORSE at the task. The brains of the animals also showed signs of damage to the hippocampus, a region important for learning and memory.

"Kids in school are fed hydrogenated fats [transfats] and then asked to learn," Granholm told the Society for Neuroscience meeting in San Diego last October.

Our View? Transfats were never part of our ancestral diet and our body does not know how to handle them. The evidence is piling up that they

undermine our health in so many unsuspected ways.

We can easily avoid transfats simply by steering clear of processed foods including margarines. See also "Heated Oil is not Transfatty" page 1.

Food/Health Connection

Gazpacho Fights Cell Damage

Scientists at Tufts University in Boston report⁶ that volunteers eating gazpacho twice a day had lower amounts of stress-related molecules in their blood after just 7 days. Gazpacho is a Mediterranean-style cold soup of uncooked vegetables. (See recipe page 2). The volunteers consumed 17 ounces (½ liter) of the soup every day for 14 days.

Compounds that create abnormal inflammation and oxidative stress were reduced. (Oxidative stress damages cells and makes them vulnerable to chronic disease.)

The volunteers had lowered amounts of a hormone called prostaglandin E2, which produces inflammation; it also depresses the immune system.

They also had lowered amounts of two other stress compounds: a particular "isoprostane" molecule which aggravates chronic diseases, and a molecule called "monocyte chemotactic protein-1", which inflames arteries into clogging.

The volunteers had decreased amounts of uric acid in their blood. Excess uric acid can cause gout (a joint inflammation) and contributes to artery and heart disease.

This study confirms our oft-repeated

mantra -- the compounds in plant food are essential components for our bodies to function properly.

Note that the vegetables in gazpacho are RAW and colored. No potato, beans or grains here!

From Page 1

Viewpoint

The Problem Doctor or The Problem Patient!

Part 1 (continued)

Dr Peter Galgut

The cycle is repeated until one day you have a real medical emergency and none of the antibiotics work any more -- you're left with only the resistant strains. Then, you blame the doctor for "not making you better" or not being able to give you an antibiotic that "works".

But whose fault is this? The vast majority of ailments that affect human beings are self-limiting, which means that they cure themselves without treatment.

Antibiotic Misuse

Moreover, antibiotics are only effective against bacteria and not viruses. They are ineffective against all colds and flu, and most throat and tummy ailments as well. So why take them in the first place?

Ah well, do I hear you say, "I take them because that's what the doctor tells me to take". So why do doctors give antibiotics so readily? They know only too well the side-effects and disadvantages of giving them and yet they continue to prescribe them.

Well the problem is not the doctors,

but it's all of us! When we go to the doctor we expect to be a "cured". We expect an instant magic bullet -- something that will sort out the problem now. If you ask doctors why they prescribe antibiotics and other medicines so readily, they tell you that it is because patients demand them...

(Continued next month)

Dr Peter Galgut PhD, MRDRCs is a senior research fellow at London University, and is a practising clinician specializing in the treatment of gum conditions and other problems that occur in the mouth. www.periodontal.co.uk

Next month: Part 2

Public Events with Geoff Bond

Sunday, February 13th 2005

Talk.

Fear Not Diabetes and Cancer

Revolutionary Insights for Avoidance and Recovery.

Health & Wellbeing Festival, Venus Beach Hotel, Paphos.

February (Date to be Announced) Talk (Topic to be announced)

Droushia Heights Hotel Cultural Club

¹ Harvey W. Wiley; The History of a Crime Against the Pure Food Law; Ayer Co Pub; 1976
² Katan et al; Am J Clin Nutr 1995; 61(suppl): 1368S-73S
³ Cancer Epidemiol. Biomarkers Prev. 1995 Dec; 4(8)895-99
⁴ Square One Publishers; NY11040, USA, 2004. 272 pages, \$16.95. www.squareonepublishers.com
⁵ New Scientist, 06 November 2004, p 17
⁶ Sánchez-Moreno, C. and A. Martín. Journal of Nutrition 134; November 2004:3021-3025.

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