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We are independent of commercial pressure and say exactly what we think.

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Nutritional History**Earliest Winery in China**

Archaeologists have pushed back the earliest dates for brewing to 7000 BC. A Chinese-American team studied pots from the oldest portion of Jiahu, a village in Henan Province. These peoples practised a primitive form of agriculture. Analysis of their pots showed that they brewed an alcoholic beverage from honey, grapes and hawthorn fruit.

Our ancestral foragers (before 9000 BC) would not have known the joys of liquor. However all such societies knew of other, naturally occurring, mind-altering drugs -- and used them on special occasions in rituals and ceremonies.

Fact for Thought**Losing 219 Farms per Day**

Every day for the last 50 years some 219 American farms have closed and are amalgamated into larger, intensive holdings. In the UK, 11 farms close every day¹.

Consequence? An impoverishment of variety, an impoverishment of nutrients -- and the conversion of bucolic landscapes into moonscapes.

Success Story**Weight and Cholesterol Better**

We have found your Natural Eating Book most interesting and it has changed our way of thinking when it comes to diet.

Now we eat very close to your guidelines. I have lost a stone in weight and my BMI is now 24. My cholesterol has come down from 5.5 to 3.3. I also feel much more energetic and my energy levels more constant.

Continued page 4**Food Technology****Rainbow Carrots for Health**

The carrot was not always bright orange. It only got that way in the 16th century when Dutch growers wanted to celebrate their national color -- orange. By clever breeding of the original carrot they changed its color to the one we know today.

Carrots originated in the area around Afghanistan. Then, 2000 years ago, the Romans spread them around Europe. Back in their homeland, carrots are still their original colors: deep red and purple.

Now scientists are taking a second look at these old varieties. Their deep colors betray the presence of valuable nutrients known as flavonoids. Flavonoids are essential chemicals that the body needs to function properly. Inflammation, heart disease and cancer are, in part, deficiency diseases caused by an inadequate intake of flavonoids.

Plant breeders hope that these old varieties, with enhanced nutrient content, will interest the health conscious and command a higher price.

Our View? We are all for reversing the current trend: one which has seen our food supply becoming ever poorer in nutrients. Watch out for these deeply colored varieties and favor them in your shopping.

Food Policy**New Dietary Guidelines 2005**

"If you follow this diet you are going to lose weight, you are going to be healthy and you are going to be able to improve your quality of life".

Is this some fad-diet, snake-oil salesman? No, it is Tommy Thompson, US Secretary of Health (as was) last month launching the latest Dietary Guidelines for Americans².

We have been highly critical of previous guides (The USDA³ issues revisions every five years). So how does this one shape up?

A committee of scientists wrote the initial draft -- so the first drawback is that it only reflects what all of them could agree upon.

Then a committee of bureaucrats reviewed the recommendations in the light of lobbying from agro-industry and other interested parties such as trade associations, trades unions, politicians and financiers.

Finally, 'communications specialists' transmogrified the text into a more entertaining format.

Remarkably, in the teeth of this political meddling, fudge and trivialization, there is an overall shift in the right direction.

Big Sugar has had to give way: now Americans are told explicitly that the healthiest way to reduce calories is to avoid added sugars.

In an interesting chapter, sodium and potassium are linked for the first time. Americans are advised to reduce salt and increase potassium consumption. Here the committee has the sodium/potassium ratio in mind (NE book chapter seven.)

Continued page 4

Recipe of the Month

Carrot Salad

YYYY

6 servings

Ingredients:

- 2 lb (1 kg) peeled, grated organic carrot.
- 4 teasp. parsley, dried or $\frac{1}{2}$ cup freshly chopped.
- 4 teasp. dried mint or $\frac{1}{2}$ cup freshly minced leaves.
- 3 teasp. garlic powder or 6 cloves.
- 1 teasp. powdered cumin.
- $\frac{1}{2}$ cup (120 ml) organic Canola oil (rapeseed oil).
- $\frac{1}{4}$ cup (60 ml) lemon juice.

Method:

Mix a vinaigrette of the herbs, spices and oil. Mix well into the carrots. Add the lemon juice and mix well. Optionally add a dash of Tabasco sauce.

The dish tastes best when eaten freshly prepared. Don't keep it too long after that: many of those valuable nutrients will deteriorate.

Comment:

We don't expect you to find deep purple carrots (page 1). Regular orange carrots are fine, but organic ones are much richer in flavonoids - and taste better too.

Do not be afraid to be heavy handed with the herbs (fresh is best). They are all rich in yet more flavonoids.

Just a word of caution: carrots are glycemic (give a blood sugar rush) so just eat modest servings of this dish (no more than 6 oz).

Questions

Grape Seed Extract

Q. I am an Ironman tri-athlete and I am told that grape seed extract is good for recovery after a triathlon. What is your view?

A. We are impressed by extreme feats of endurance such as you describe. The human body is not built to withstand those stresses properly, so it needs all the help you can give.

Heavy exercise generates excessive numbers of chemicals known as free radicals. These career around the body damaging cells (and even their DNA), causing disease. Compounds known as antioxidants are the natural defense against free radicals. We are familiar with many of them: vitamin C, vitamin E and so on.

But nature provides literally tens of thousands of antioxidants. Many are classed as 'flavonoids' (see Rainbow Carrots for Health, page 1).

Now we come to the point. Grape seeds contain a particular group of flavonoids known as OPC's. Entrepreneurs have extracted the OPC's into capsules and heavily promoted them at fancy prices.

Will they perform a useful function after your competition? Probably. But you could do better. You will get a much wider range of antioxidants (not just OPC's) by eating a portion of our Carrot Salad (recipe this page).

Oil/Starch Combinations

Q. Your book states that good oils can be used with any food group. I recently read that you should not use oils with starches because of the digestion process. Oils are fine with protein and low carb vegetables.

A. We try to avoid getting too hung up on food combining. If we eat according to our ancestral feeding patterns, then the question hardly arises. We would only be eating proteins and plant food. Both of these groups always have some fat in them. They digest perfectly well mixed up together without further thought.

Today's diet includes groups that are foreign to the human organism. One of these groups is starch.

The short answer is: humans have no business eating starch. Cut it out of the diet and one major source of food combining problems will disappear. A number of other problems, such as flab, will disappear too.

For example: starch/oil combinations are fattening. The starch provokes an insulin rush that ushers the oil straight into the fat cells -- so the eater gets fatter. That is why French fries and Dunkin' Donuts are so fattening.

We have not heard of digestive difficulties with oil/starch combinations. On the contrary, they digest only too well!

Mammary Glands and Running

Q. You often talk about our ancestral programming for exercise and in January's newsletter you told of San Bushmen running for hours on end. But surely the women did not run like that -- in the days before bras, it is extremely uncomfortable.

A. Indeed. In our ancestral past, women only ran in dire emergencies. Most women carried a baby all day long and had toddlers running around their feet. They wandered for up to five miles a day as they gathered, but rarely breaking into a run.

As we point out in the Natural Eating Book chapter 11 (Exercise), women are programmed to be healthy on a less intense level of physical activity compared to men.

Sudan 1 Dye - Dangerous?

Q. What should I make of this scare about the illegal additive Sudan 1 in the food supply?

A. Sudan I is a red dye that is used for coloring solvents, oils, waxes, petrol, and shoe and floor polishes. It is thought to be mildly carcinogenic and, since 1993, is not allowed to be added to food.

However India routinely added it to exported chilli powder for decades previously. (It gives the chilli powder "a more pleasing color"). So we have all been getting some of it for a very long time.

In 2002, a five ton batch of contaminated chilli powder got into the European Union and circulated around until it ended up in a factory making Worcester sauce. In turn the Worcester sauce was used in flavoring ready-to-eat meals and other processed foods. The concentrations have thus been diluted several times and have become trifling.

On the other hand Sudan 1 has only been shown to be carcinogenic in massive doses in mice. According to Prof Alan Boobis, a toxicologist at Imperial College, London, the risk of this particular contamination is "negligible".

Nevertheless, this episode highlights the vulnerability of the food chain to unscrupulous practices.

Best Fruits?

Q. *What are the best fruits to eat?*

A. The chief criterion is that the fruit be low glycemic. That is, their sugar content should not spike blood sugar levels abnormally. There is a table in the Natural Eating Book, Annex (table 1) that lists the best fruit.

Some fruits such as blueberries are much hyped because they are rich in certain flavonoids (see Rainbow Carrots for Health, page 1). Blueberries are fine, but no need to go out of your way either. Just eat plenty of those fruits in the table. Other fruits should be eaten more sparingly (also listed in the Annex).

Fat, Calorie Intake for Women

Q. *I am 50 years old, 5-1" tall and weigh 98 lb. I lead a sedentary life-style. What is a reasonable daily intake for women of fat and calories? We are told 30-50g of fat and 2000 calories but it is quite difficult to get up to those levels.*

A. You have the ideal weight for your height. Since you are petite and not terribly active, you do not need 2000 calories per day.

There is an innovation in the new Dietary Guide for Americans (page 1): It fine tunes the recommendations according to age, lifestyle and gender. On these criteria, you only need 1600 calories per day (Guide², table 3)

Anyway, we advise against calorie-counting and weighing ingredients. Just eat the way we say and the calories and fat intake will take care of themselves.

Calcium: Fact or Faith?

Q. *We are brought up thinking that we get our calcium from dairy; now we cut out dairy and eat predominantly fruits/veggies/nuts. Is there a way of knowing (besides faith in anthropology & biochemistry) that we are getting enough calcium? I don't want to get to 45 years old and have my bones fall apart.*

A. As you say, we have to question our indoctrination. Columbus had to rebel against the prevailing faith-based view that the Earth is flat. Today, the mass of evidence is on the side of Columbus being right: that the Earth is round.

Likewise the mass of evidence is on the side of anthropology and bio-

chemistry. It is not a question of faith but of evidence.

Bone health has little to do with calcium intake but everything to do with a myriad of factors -- all of which come right when we practice the Natural Eating way of life (including its exercise). It is all set out in the Natural Eating book, Chapter 8.

So how much evidence do you want? Sometimes the simplest observation is the most powerful. We like this quote from Thoreau:

One farmer says to me, "You cannot live on vegetable food solely for it furnishes nothing to make bones with"... walking all the while behind his oxen, which, with vegetable-made bones, jerk him and his plow along...

Henry Thoreau, Walden, 1847

Book Review**Looking For Spinoza
Joy, Sorrow and the Feeling Brain**

Antonio Damasio

Harvest Books; 2003

368 pages; \$15.00

Spinoza was a remarkable 17th century philosopher whose Jewish family fled the Portuguese Inquisition to find refuge in Holland.

Spinoza held that 'the mind' is simply a bodily process: it is not something separate from the body. Furthermore, he claimed that emotions, including spiritual emotions, are a body's signals to the brain. They have purpose: to make the brain give instructions to the body. A simple and clear example is when a lion attacks. The body's sensors, (chiefly eyes and ears) send signals to the brain. The brain speeds up the heart, and puts the muscles in overdrive. We feel this cascade of activity as *fear*.

Spinoza built up a strong case for his ideas in various publications⁴. They were a direct challenge to the religious authorities. He received 39 lashes and excommunication from his own synagogue for his pains. After his death, even the tolerant Dutch banned Spinoza's works.

Nevertheless, his ideas lived on and became a driving force of the Enlightenment a century later.

Antonio Damasio is Van Allen Distinguished professor at University of Iowa College of Medicine. As a neuroscientist in the forefront of modern

research, he specializes in finding out how the brain detects both emotion and feeling. The brain is receiving billions of reports every second from every cell in the body. Neuroscientists can locate these reports in the brain wiring as they occur. The brain integrates these reports and we perceive the result as an emotion.

'Background' emotions work at a subconscious level. They only surface to our consciousness vaguely: we can feel "under the weather", or we can have an instinctive dislike of someone. 'Primary' emotions are basic ones such as fear, sadness and happiness. 'Social' emotions include shame, pride, envy and indignation.

In turn emotion gives rise to feeling -- an internalized emotion of emotion. All these processes can be recorded as neural maps in the brain as they occur. These emotions and feelings manipulate the body to behave in ways that enhance its self-preservation.

Damasio interweaves his neural science narrative cleverly with the thread of Spinoza's philosophy. There is a lot still to discover, but neural science is vindicating Spinoza's hypothesis: that nature shapes our mental life to make sure the physical body survives in the best way.

There is a powerful lesson to be drawn: nature designed this mental life to work in forager groups in the African Savannah. Our lives today are so far removed from these conditions that we are continuously stressed by emotional signals occurring in inappropriate ways.

Today, we medicate our feelings with alcohol, drugs, and New Age therapies. However, neuroscience's insights point the way out. We glimpse how we can structure our lives *differently*. We can bring our bodies back into a state of harmony with our human natures. Damasio does not prescribe how to do this, but in later Newsletters we will explore this intriguing question of evolutionary psychology.

Jungle Lore

Our ancient ancestors knew how to read the jungle -- and to survive well in those times. We need to read the signs of the supermarket jungle to survive well today.

**The PLU Code
Know Fine Food from FrankenFood**

Those little stickers on fruit and vegetables contain a little code for inventory control. It is known as the Produce Look-Up code, or PLU.

We can use this knowledge to unlock the origins of the produce. We want especially to avoid Genetically Modified Food, (GMO) sometimes called 'FrankenFood'. (See Newsletter of October 2004). In America, the FDA declares that GMO foods are the same as conventional foods -- as long as GMO companies say so!

But the supermarkets (and we) want to know the difference. They give conventionally grown food a four number code, e.g. PLU: 1022.

Genetically Modified food has a five figure code starting with the number 8. e.g. PLU: 81022.

You will have no difficulty identifying organic food. The supermarket will proudly announce the fact. Even so, organic food has its own designation - a five figure number starting with the number 9. e.g. PLU: 91022.

Hints and Tips

Breakfast Ideas: Shrimp Stir Fry
We need to go for low Insulin Index⁵ foods, however contrary to our cultural indoctrination.

Take your cue from breakfast in Thailand. Take a bag of frozen mixed vegetables, add a handful of frozen shrimps and stir-fry them rapidly in their own meltwater and a teaspoon of olive oil. Season with herbs, lemon juice or even Worcester sauce.

Restaurant: Stick to Sides
Supersize portions are a health hazard in American restaurants. Try

choosing your entrée from the starter menu or side dish menu.

Food/Disease Link

Saturated Fat/Gallstones
Up to one in four American men will suffer gallstone trouble during his life. 639,000 people are hospitalized every year in America with gallstone problems.

In a study⁶ that tracked some 50,000 health professionals over 14 years, those who ate a high carbohydrate, high saturated fat diet were most likely to get gallstones.

Those whose diet included most unsaturated fats were least likely to get gallstones.

Our View? The human body was designed to work on a particular fatty acid profile which is basically unsaturated. It is not surprising that a departure from this ideal brings penalties -- in this case with the gall bladder malfunctioning.

From Page 1

Food Policy

Dietary Guide 2005
There is a chapter called 'Food Groups to Encourage'. Unsurprisingly these include fruit and green, leafy vegetables. They also include grains, laying the emphasis for the first time on whole grains. However, the fingerprints of the food lobby are all over the recommendation that refined grains are all right so long as they are 'enriched'. (Of course we advise against grains of all descriptions.)

The fingerprints of the dairymen are also on the milk recommendations. Appallingly, Americans are now advised to INCREASE consumption from 2 cups per day to 3 cups per

day. Oh -- but of course -- it should be low fat milk. We guess that makes it less bad then...

The Guidelines are not specific about food groups. A second working party will report soon on a redesign of the Food Group Pyramid. The pyramid graphic might be replaced: in China they use a pagoda, in Canada a rainbow, and in Germany a pie-chart.

These Guidelines are good in parts, but still persist in promoting many bad nutritional practices. As Natural Eaters we cannot remain smug in our inside knowledge: the USDA's flawed advice will be used to indoctrinate new generations of schoolchildren and perpetuate the nutritional crisis in the nation.

Anyone interested in the new Guidelines can download them from: www.healthierus.gov/dietaryguidelines/.

Success Story

Weight and Cholesterol Better
There has been much debate recently on BBC Radio and the press in UK about glycemic indices and low carbohydrate diets, but none of it is as comprehensive as Natural Eating.
Richard Manning, Manchester, UK

Public Events with Geoff Bond

Saturday April 2nd 2005 at 15.00 Illustrated Talk.

Fear Not Diabetes and Cancer
Revolutionary Insights for Avoidance and Recovery.
Body, Mind and Spirit Festival
Evagoras Lanitis Centre, Limassol

¹ New Scientist; vol 184, 2468; Oct 9, 20004
² www.healthierus.gov/dietaryguidelines/
³ U.S. Department of Agriculture
⁴ The Ethics / Tractatus Politicus Religiosus
⁵ Natural Eating Newsletter; Jan 2005
⁶ Giovannucci; Ann. Internal Medicine; Oct 5, 2004

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