

NATURAL EATING NATURAL EATING NATURAL EATING**www.naturaleater.com****www.savveater.com****www.beatcancernaturally.com****Monthly Private Subscription Newsletter – Annually: Hard Copy \$59.00 - Electronic \$18.00****We are independent of commercial pressure and say exactly what we think.**

The Welfare State We're In: Overeating 45 years ago. **Food Policy:** New Pyramid Unveiled. **Human Nature:** Farming's not for Everyone. **Our Food Supply:** Chickens are getting Fatter. **Recipe:** Jeanne's Marble Cake. **Q&A:** Hunger, Hormones & Lifestyle (2); Bloating on Starting NE; Milk Enzymes; Pancreatic Cancer (1). **Food to Die For:** Pringles Sour Cream & Onion Potato Chips. **Hints:** Almond Milk. **Breakfast Ideas:** Traditional Haddock Breakfast. **Human Development:** "Imprinting" Babies to Eat Right.

The Welfare State We're In**Overeating 45 Years Ago**

The nutritionist Anthony Ludovici was already sounding the alarm two generations ago. In those days (1959) he was able to write much more candidly than we are able to do today. This call from the past shakes us out of our politically-correct paralysis.

"...over-eating is now a form of dissipation within everybody's means. The result is that the whole population is stricken with Sitomania [food addiction], and the doctors can do nothing about it because they do not recognize it as a potent cause of morbidity [disease]..."

"It is therefore with complete immunity that the vast millions of Great Britain now consistently and shamelessly over-eat; and the spectacle of grossly over-nourished men and women not only adds to the innumerable eyesores of our towns and countryside, but also helps to explain the rising toll of sickness and disease which now cripples our ever-expanding and ruinously expensive Health Services..."

"The average housewife's prosperity and indolence lead her to obtain from her grocer's, foodstuffs which formerly she bought in a more natural form, or produced at home. She thus brings home with her processed foods, all kinds of subtle poisons which, because they are not instantly mortal, tend to be overlooked; and thus every day she and her family consume their appointed ration of "flour improvers", anti-staling agents, artificial colorings, preservatives and emulsifying compounds; not to mention other potentially toxic substances, now added to their food."

The South African Observer 5.6, 1959 p. 12

See Pringles Potato Chips, page 3

Food Policy**New Food Pyramid Unveiled**

Every 5 years the USDA updates its pyramid. This is the offering for 2005. Clearly, the USDA did not want to upset anybody so they finish up with a symbol that says nothing.

In the old pyramid, industries were competing for a slot at the bottom of the pyramid, where the suggested number of servings was greater than for the foods at the top.

Gone too, are the food images inside the pyramid. No pictures of fish, spaghetti, milk, broccoli or cheese: that way no one industry is favored.

"Putting a picture of a strawberry in the fruit group might anger the industries that want a picture of an orange or an apple", says Madelyn Fernstrom, director of the UPMC weight management center.

This new symbol does introduce one new idea: physical activity. That figure climbing the stairs is supposed to inspire us to -- well -- climb stairs. Or at least get more exercise.

Like an Egyptian pyramid, the outside does not look much; the powers have hidden the useful bits deep inside. To find out what the vertical colored stripes represent you have to dig down through the levels of www.mypyramid.com. There, from left to right we find: Grains group; Vegetable Group; Fruit group; Oils group; Milk group; Meat and Beans group. **Continued Page 4.**

Human Nature**Farming's not for Everyone**

We sometimes think of human progress as a continuous upward path -- and that farming is a logical improvement on the forager stage.

However, not all peoples saw it the same way. The Australian Aborigines were in contact with Indonesian fishermen and farmers for thousands of years, yet none of them took up farming. In truth, to them, it seemed too much like hard work.

The archaeological record shows that the first farmers in Kurdistan 11,000 years ago often returned for periods of a hundred years at a time to hunter gathering. That is, until they were obliged to stick with farming just to feed their burgeoning populations.

In an intriguing study¹, researchers Hiroki Oota and colleagues have researched a small 'lost tribe' of hunter-gatherers, the Mlabri, in northern Thailand.

Their farmer neighbors, the Tin Prai, have an oral tradition concerning the origin of the Mlabri. Several hundred years ago, Tin Prai villagers expelled two children and sent them down river in a raft. They survived, escaped into the forest and turned to a foraging lifestyle. **Continued p. 4**

Our Food Supply**Chickens are getting Fatter**

According to Professor Michael Crawford of London Metropolitan University, chickens are much fatter than 35 years ago. They contain 24 g of fat per 100 g compared to just 8 g in 1970. "It is down to diet and exercise," says Prof. Crawford **Continued page 4.**

Recipe of the Month

Jeanne Bouvet, a Natural Eating practitioner for many years, supplies us with this recipe which is a great favourite with her young family in Annecy, France.

Jeanne's Chocolate Marble Cake

YYYYY

Ingredients:

5 eggs, free range, omega-3 rich if possible

7 oz (200 g) almond powder.

2 oz (55 g) cocoa powder

4 T. fructose

4 T. (60 ml) olive oil

4 T. (60 ml) almond milk (see page 3)

2 tsp. (10 ml) vanilla extract

1 T. (15 ml) rum, dark

Method:

Mix the eggs and 3 T. of fructose.

Mix in 3 T. of Olive oil and the Almond powder. Mix together to make a dough.

Split the dough into two equal parts.

In one of the parts mix in the cocoa powder, the remaining 1 T. olive oil, the remaining 1 T. of fructose, the almond milk, and the rum.

In the second part, mix in the vanilla extract.

Take an oiled loaf mold and layer in half of the 'white' dough. Then layer in half of the 'dark' dough. Then layer in the remaining white dough and finish with a layer of dark dough.

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

Comments

You can play with the proportions of white and dark layers to make yet more interesting 'marbling'.

This makes a delicious, fully conforming marble cake that will delight children and adults alike. It is rich in protein, so ration yourselves!

Questions

Hunger, Hormones, Lifestyle (2)

Q. As a health professional, I still don't understand why women struggle so with food cravings. Can you give me some direction?

Last month: In part 1 we looked at: the complexity of the signaling going between our brains and our digestive system; the "Eat/Don't Eat Hormones"; and the influence of sleep deficit. Now we look at other factors at work.

The Physical Activity Deficit

Physical activity is also a great appetite suppressor. Our ancient ancestors would be expending some 2,000 calories per day in walking and running. Today the average American woman expends only 900 calories per day. We need to compare this with the energy just needed to stay alive ("basal metabolism") of 1,300 calories per day for women (men 1,600).

In other words, women are exercising today at 70% of basal metabolism whereas we are supposed to be exercising at 150% of it. This is an enormous, health-sapping deficit. Better still, exercise at proper levels causes secretion of a hormone called Interleukin-6 which, amongst other things, stops fat cells getting fatter.

Hormonal Dodgems

We are always highly skeptical about monkeying around with our hormones. There are many reasons, but one is fundamental. Hormones have multiple personalities: they do not just affect one thing. Their shockwaves ripple out and affect all kinds of functions. Frequently the shockwaves ripple back and affect the original hormone that sent out the shockwave. All this occurs in ways that are quite unpredictable -- "chaotic" -- as in the sense we described on page 1 of last month's newsletter.

Law of Unintended Consequences

Let us have a look at the ramifications of what we might blunder in to. The estradiol you mention is a powerful type of estrogen. It provokes production of Luteinizing Hormone which in turn provokes ovulation; low levels of estradiol decrease insulin resistance, high levels increase it^{2,3}; estradiol manipulates Human Growth Hormone^{4,5} which, depending on testosterone levels, either destroys muscles or builds them; estradiol encourages the release of arachidonic acid^{6,7} which in turn releases powerful hormones called prostaglandins that raise blood pressure, increase blood clots, depress the immune system and depress bone-building. Estradiol increases production of aldosterone which increases water retention and

bloating⁸; finally estradiol reduces production of melanin-concentrating hormone which indeed has the effect of reducing appetite.

The estradiol example is just one of thousands: medicating with hormones unleashes a cascade of consequences, many of which are unwanted, some are unexpected and most are unpredictable.

Next Month: Part 3 - In a Nutshell: Hunger Craving Mastered

Bloating on Starting NE

Q. In the past weeks I changed my eating habits and feel better already. I eat a lot of fruit, vegetables, not so much meat and try to keep my fingers away from bread. The only problem I have is my stomach. I have flatulence, feel like a balloon, and look like one. Will this go away on its own, or do I eat the wrong vegetables?

A. We are pleased to hear that you are working so hard on adopting the Natural Eating precepts. You can be confident that you are now eating in the right way for our species.

It is not unusual in the early phases for your digestive system to be in a state of shock and to give the kind of symptoms you mention. This is assuming that you are not eating beans or lentils, which are bound to give you gas anyway.

Our advice is to persevere with the program, and the symptoms should gradually disappear.

Milk Enzymes

Q. Did you know that milk enzyme tablets exist for milk intolerance -- does that make milk any more acceptable?

A. No. Look at it this way: it is as though they are selling you something that is poisonous -- so then they sell you the antidote! In a typical piece of manipulative spin they give you the impression that you have an abnormal condition that needs fixing with a pill.

The dairy industry is getting desperate to sell their product which is coming under increased suspicion. For a long time now, it is common knowledge that the milk's fat (cream) is unhealthy -- so they take that out; next the lactose is a problem -- so they sell you tablets to deal with that; soon the news will get out that the proteins in milk are highly allergenic and cholesterol raising... We ask the

question: "Why are we bothering?" We can't make a silk purse out of a sow's ear.

If you really need a milk-like fluid, make your own almond milk. See Hints & Tips, on this page.

Pancreatic Cancer -- Part 1

Q. *I am in my early 80's, have always been healthy, physically active and have reasonable eating & drinking habits. I was shocked when the oncologist told me that I had pancreatic cancer. When asked what action I should now take he replied, "Go home and get your affairs in order..."*

My doctors want to "try" both chemotherapy and radiation therapy, hoping to slow down the tumor. I want to start Natural Eating immediately. Will those treatments undermine it?

A. From what your oncologist said, and the fact that he is not offering surgery, we infer that you have a particularly virulent form of pancreatic cancer which is in an advanced state.

Our bodies have tremendous powers of self-repair and of recuperation -- provided we stop meddling in its complex processes and give it the tools to do the job. (See Law of Unintended Consequences, page 2)

Your cancer has a strong hold on a vital organ. Neither we nor anyone else can say with absolute certainty if there is still time to pull back from the brink -- (your oncologist clearly thinks you are over the brink).

So what is the strategy to stack the deck of cards in your favor? Let us put it forcefully:

YOU HAVE TO GO COLD TURKEY.

This is the crash course:

A. Eat as much raw, Low Glycemic plant food as you can. That means HIGH VOLUMES of:

- RAW salads and vegetables including broccoli, cauliflower, cabbage, tomato, lettuce, mushroom, kohlrabi, radish, onion, garlic and all those good things. When you are tired of eating it normally, this is no time to stand on ceremony, JUICE IT and drink it down.
- Cooked, low glycemic vegetables are OK. That means green beans, runner beans, French beans, broccoli, cabbage, onion, bell peppers, eggplant, artichoke... (It does NOT include peas of any

kind.) Keep the cooking very light -- just blanching, stir fry or sautéing. Use fresh vegetables or frozen ones. Liquidize if necessary.

- Only eat fruits modestly (most modern ones are glycemic): focus on the berries: strawberries, blueberries, blackberries, loganberries and raspberries.
- Do eat RAW, UNSALTED nuts. Walnuts are best -- but make sure they are fresh -- they go rancid easily and then they are actually unhealthy. Other nuts are OK -- almonds, filberts, Brazils, cashews and so on.

Next Month: Part 2 - Crash course continues; Treatment decisions.

Food to Die For

Pringles Sour Cream & Onion Potato Chips

Many processed products are made from ingredients that are only found in a laboratory. Pringle has managed to do such a thing with potato chips (crisps). Are they made simply from finely sliced sautéed potato? Not at all! Here is their ingredient list:

reconstituted dehydrated potatoes, vegetable oil, wheat starch, artificial flavor of sour cream & onion, milk powder, monosodium glutamate, disodium guanylate and inosinate, sugar, citric acid, lactic acid, malic acid, rice flour, corn flour, maltodextrin, E471, salt and dextrose.

Fake Food

Anthony Ludovici (The Welfare State We're In, page 1) would be sad but not surprised that, 45 years on, nothing has changed. We are still addicted to fake food -- and Pringles are particularly successful at selling us tasty, artificially flavored polystyrene. In fact polystyrene would be better, at least it does no harm.

Flavored polystyrene would be better -- at least it does no harm.

We will not rant on about the usual suspects (dehydrated potato, vegetable oil, milk powder, corn and rice flour, and wheat starch).

We just observe that: monosodium glutamate, disodium guanylate and inosinate are flavor enhancers that "can cause bad reactions in sensitive people." There are three types of sugar: sugar itself, dextrose and maltodextrin. "E471" is the European code for "mono- and di-glyceride fatty

acids". They are not healthful. Pringles uses them to bind the rest of the junk together.

Our populations, unthinking as ever, routinely absorb Anthony Ludovici's "appointed ration" of additives in vast quantities.

Hints & Tips

Almond Milk

Commercial almond milk is usually loaded with sugar and other undesirable ingredients. It is very easy to make it yourself.

- blanche the raw almonds and remove the skins,
- soak them overnight,
- Pulp the almonds, with the liquid, in a food processor.
- Add water to obtain the consistency desired.

We would like to hear from any of our readers who have experience of making almond milk.

Breakfast Ideas

Traditional Haddock Breakfast

We need to go for low Insulin Index⁹ foods, however unusual they might seem. This month we look at a British working class breakfast which was common up until the 1950's.

Before the age of refrigerators, haddock was often sold filleted and smoked to make it a convenient food for city dwellers. The housewife poached the haddock for five minutes in simmering water, drained and served it with grilled tomatoes, grilled mushrooms, and sautéed left-over potato.

We do not condone the potato, but the rest of the breakfast (fish, tomatoes and mushrooms) is just fine. You do not have to stay with haddock -- kippers were also commonly used, but any fish will do. Have generous helpings of the mushrooms, tomatoes and any other vegetable you fancy.

Recap of Previous Breakfast Ideas:

- Freshly blended vegetable soup (Jan 2005)
- Vegetable and shrimp stir fry (Feb 2005)
- Eggs any style (March 2005)

Human Development

"Imprinting" Babies to Eat Right

A baby duckling, when it emerges from the egg, emotionally bonds to the first thing it sees. In nature, this would be its own mother. Researchers have found that they can defeat the programming by allowing the

duckling to see a balloon first. The duckling follows the balloon around, thinking it is its mother.

This phenomenon is nature's shortcut to teaching new-borns the essentials of life. It is a process known as "imprinting".

Now, psychologist Dr. Gillian Harris has shown how this works for human babies and their food. Infants weaned on rusks, processed baby foods and milk are more likely to prefer "beige carbohydrates" such as crisps and white bread when they get older.

Babies fed on a more colorful diet of fruit and vegetables will show a greater preference for those foods. This is because babies are hardwired to develop a "visual prototype" of the food that is safe to eat. In other words, at an early age it "imprints" with what its mother gives it first.

"If you eat Brussels sprouts at two, you are likely to be eating them at 40", says Dr Harris.

We agree: a baby's mind is incredibly receptive to "imprinting" for a vast range of vital human functions. Make sure that you program your baby in a healthy way -- not dysfunctionally like the duckling that thinks its mother is a balloon.

From Page 1
Food Policy

New Food Pyramid

How does do these groups differ from the old pyramid? Interestingly, the only change is with the old Fats, Oils and Sweets group. It has become simply the Oils group. Fats, we suppose, are out -- we should only be consuming oils (so that is good) -- and sweets?

Buried in www.mypyramid.com is the

new notion of "discretionary calories". If you are good, eat your greens and get your exercise, you can reward yourself with a dollop of empty calories -- these can be fatty or sugary foods and alcoholic drinks.

"This gives a free pass to the food industry", says Marion Nestle, author of "Food Politics" and professor of nutrition at New York University.

Big Sugar Gain

So yet again in this review, the USDA has backed off confrontation with the sugar lobby. Indeed, they have institutionalized sugar by creating a new category for it. It is almost a promotion -- to that of pleasurable comfort food that has the seal of approval of the government authorities.

Our objection to that is simple: the problem with sugar is not empty calories but "sugar disease". This is the way sugar disrupts the workings of our bodies to give us diabetes, high blood pressure, cholesterol, heart disease and obesity. (Continues...)

Next Month: Part 2. *Food Group Priorities, Flawed Doctrine, Pyramid Bench-test, Eating by Numbers, Summing-up.*

Human Nature

Farming's not for Everyone

By carefully analyzing their genes, Oota finds that the Mlabri had a founding female ancestor and one or two male founders some 500 years ago. Furthermore, they were of agricultural stock. This seemingly vindicates the Tin Prai legend.

We are often dismissive of oral traditions. From childhood we are very aware of the distortions of Chinese Whispers. However, for primitive tribes, oral tradition was the only way

to keep track of their history and their ancestry. They trained the youngsters to be word-perfect in repeating the legends and songs of the tribe. Such stories have been vindicated many times over from Polynesia to Australia.

The most celebrated is that of Homer's story of Troy. It relates the adventures, 3,000 years ago, of Achilles, Ulysses and Helen in the oral history known as "The Iliad". It was thought to be pure myth. Then, in 1873, Heinrich Schliemann, the great German amateur archaeologist followed the clues given in the Iliad. He uncovered the remains of Troy on the south east coast of Turkey.

Our Food Supply

Chickens are getting Fatter

"Chickens used to roam free and eat herbs and seeds. Now they are fed with high energy foods and even most organic chickens don't have to walk any distance to eat", says Prof Crawford. As fat has increased, so the protein content has diminished -- to only 65% of the 1970 figure.

What about organic chicken? It does indeed have less fat than battery birds but is still double the 1970 figure. Prof Michael Crawford does not say anything about chicken breast. We suspect that, skinless, it is still OK -- but always go for free-range, organic.

¹ PLoS Biology; March 2005; vol 3 issue 3
² J Appl Physiol. 2001 Jan;90(1):139-46
³ JOP. J Pancreas (Online) 2002; 3(1):1-7
⁴ Maturitas. 1997 Sep;28(1):27-33.
⁵ J Clin Endocrinol Metab. 2000 Aug;85(8):2649-59
⁶ Endocrinology. 2003 Aug;144(8):3359-67
⁷ Endocrinology. 1987 Apr;120(4):1465-71
⁸ J Cell Biochem. 1999 Apr 1;73(1):137-44.
⁹ Natural Eating Newsletter; Jan 2005

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