

NATURAL EATING NATURAL EATING NATURAL EATING

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

Our Genetic Heritage: You are What your Mother Ate. **Lessons From Primeval Peoples:** Health and Longevity in Shangri-La. **Food Disease Connections:** Milk Doubles Parkinson's; Processed and Red Meats up Pancreatic Cancer Risk. **Quote:** The Healthy Duped on Drugs. **Recipe:** Cauliflower Bake. **Questions:** Fish Oil for Children; Modern Foods, Their Micronutrients and PaleoBars; "eye q" fish oil, GLA, Law of Unintended Consequences; Calorie Defined; Hunger Hormone Control - part 3; Sunshine Beats Cancer; Pancreatic Cancer - part 2. **Food Policy:** USDA Pyramid – part 2. **Breakfast Ideas:** Seafood Salad.

Our Genetic Heritage**You Are What Your Mother Ate**

We are used to the idea that our genes are the blueprints for our bodies. This is quite true, but the story goes further.

Many genes switch on and off or just lie dormant all the time. For example, some genes switch off when a child has reached adulthood and stop the growing process.

Other genes remain dormant and might only switch on when something happens. Such was the case during the Dutch famine at the end of WWII. The Dutch women who starved during pregnancy gave birth, unsurprisingly, to underweight babies.

The surprise comes in the second generation: they too gave birth to undersized babies. The Dutch famine had triggered changes in the fetus' genes which then were transmitted down through subsequent generations. The study of this phenomenon is called epigenetics.

Dr. Randy Jirtle of Duke University wondered if other dietary factors might similarly affect fetus' genes -- to the benefit or detriment of future generations. Working with mice, he found that when he fed pregnant females with certain vitamin supplements, the babies and subsequent generations were born with dark fur instead of white. More interestingly, they were more resistant to diabetes and obesity.

Jirtle was working with mice but it is reasonable to suppose that similar effects will be found in humans...

Continued: page 4

Lessons from Primal Peoples**Health and Longevity in Shangri-La**

James Hilton in his book *Lost Horizons* coined the name "Shangri-La" for his mythical utopia of eternal youth in a lost valley deep in the Tibetan Himalayas.

The beautiful and lush tropical Vilcabamba valley (pictured above) is not mythical but has an equally hidden and inaccessible location in the high Andes of Ecuador. It is home to the remote tribe called the Vilcabamba. In the Natural Eating book we refer to this tribe's remarkable health (p.137). They have low blood pressure, low cholesterol, low heart disease and no osteoporosis.

Unusually for primitive peoples, we have good records of their births and deaths, thanks to a long established missionary outpost. We know with a high degree of certainty that Vilcabambians live extremely long lives. Vilcabambians are 13 times more likely to live to 100 years old than are Americans.

Dr Alexander Leaf of Harvard Medical School studied¹ this tribe in the early 1970's. He put down the tribe's great health and longevity to two features of their lifestyle...

Continued: page 4

Food-Disease Connections**Milk Doubles Parkinson's**

The Honolulu Heart Program's 30-year study² followed over 7,500 men between the ages of 45 and 68. Those who drank more than 16 ounces of milk each day were 2.3 times more likely to develop Parkinson's than those who didn't drink any milk. (Parkinson's is a degenerative disease of the nervous system.)

Our View? The curse of milk strikes again. Nature did not construct "non-babies" to consume any kind of milk: it is highly destructive to "non-baby" biochemistry.

Processed and Red Meats up Pancreatic Cancer Risk

The risk of getting pancreatic cancer increases by two-thirds in those who have a heavy consumption of processed meats such as hot dogs and sausages, according to a seven year study³ of 200,000 Americans. Those who ate a diet rich in pork, beef and lamb increased their risk by 50%.

Our View? The effect was not found amongst those who ate poultry, fish and eggs. Funny how all this coincides with the Natural Eating precepts. See Pancreatic Cancer (2) on p.3.

Quote of the Month**The Healthy Duped on Drugs**

"We are taking way too many drugs for dubious or exaggerated ailments. What the drugs companies are doing now is promoting drugs for long-term use in essentially healthy people. Why? Because it is the biggest market." -- Dr Marcia Angell, former editor of the *New England Journal of Medicine* and author of *The Truth About the Drug Companies*.

Recipe of the Month

Cauliflower Bake

YYYY(Y)

Serves 4

Ingredients:

- 1 lb. (455 g) cauliflower florets
- 7 oz (200 g) white onion, chopped, fresh or frozen
- 12 oz (340 g) mushrooms, sliced
- 4 eggs, high omega 3, free range
- 4 T. (60 ml) vegetable stock
- 2 cloves garlic, crushed
- 1 T. (15 ml) olive oil
- nutmeg, salt, pepper

Optional:

- 1 T. Parmesan cheese, grated

Method:

Steam, microwave or boil cauliflower the florets until still crunchy. Drain excess liquid.

Lay out the cauliflower florets in an oiled baking dish. Lightly salt and pepper

Meanwhile sauté the onion in a hot non-stick frying pan. Add the crushed garlic.

Mix in the mushrooms, stirring constantly, until they release their juices. Salt and pepper to taste. Add the mushroom mixture to the cauliflower florets in between the spaces.

Beat the eggs with the vegetable stock. Add the nutmeg and salt-and-pepper to taste.

Pour the egg mixture over the top of the vegetables and in between the spaces.

Option: Sprinkle with the Parmesan cheese.

Bake in a preheated oven (350°F - 180°C) for approx. 15-20 minutes (or until the top of the dish is golden brown).

Comment:

A delicious way to serve cauliflower.

♥ **Heart loser:** The Parmesan cheese option uses cheese only in condiment quantities. But the purist should leave it out.

Questions

Fish Oil for Children

Q. *My children will not eat fish so do you suggest giving them a fish oil? One brand had a very high EPA^A, not so much DHA^B but they had added sunflower oil to it. The other brand had high DHA and lower EPA but no other oils. I was worried by a warning that people who are on the blood thinning agent warfarin should not take the fish oil. What do you think?*

A. When we talk fish oils we are talking omega-3 oils. It is a challenge in the western diet to get enough omega-3 to balance the omega-6 intake. So the first part of your question is: yes -- if they won't eat oily fish, fish oil supplements are an option. Another option is the classic and cheaper remedy of cod liver oil. Flax oil is a fine vegetable oil alternative. (Next month: *Canola vs. Flaxseed; Cod Liver Oil Benefits.*)

Proportion of DHA to EPA

Secondly, do not concern yourself over the relative proportions of DHA to EPA. They are both "good" omega-3 oils and the body transforms one into the other if it needs to.

Omega-6 Adulteration

As for the brand with sunflower oil in it, definitely AVOID. It is incomprehensible that a manufacturer destroy the value of his fish-oil by adding an omega-6 oil to it. On this count alone, that brand is a waste of money.

Blood Clotting

The warning about blood clotting is normal. One helpful activity of omega-3 oils is to thin blood to healthy levels. People on warfarin would find themselves doubling up on blood thinning and running the risk of unstoppable nosebleeds, like happens to the Eskimos⁴.

The honest answer is to medicate them with the right kind of food supply -- containing omega-3 and omega-6 in balance -- just as nature intended. See also Micronutrient and Paleobars later.

Sesame Antinutrients

Q. *Do sesame seeds contain antinutrients just like cereal grains? If so does it help to cook them or germinate them?*

^A Eicosapentaenoic acid

^B Docosahexaenoic acid

A. Yes, all seeds of the grass family contain toxins which the human body does not know how to deal with. We know a lot more about conventional cereals like wheat, rice and corn; we know less about what measures will detoxify seeds like sesame. It is possible that cooking will deactivate some of the antinutrient, but not germination.

We are more concerned about the omega-6 oil content of sesame seed - just 1 tablespoon of the seed contains 2 grams -- and 1 teaspoon of tahini ("sesame butter") contains 1 gram. See next article.

Modern Foods, their Micronutrients and PaleoBars

Q. *I am discovering that "paleo-nutrition" has become quite a hot topic. Now people are selling "PaleoBars" and powdered "Paleo-Meals". They are supposed to provide the nutrients we need but can no longer get from our modern foods. Is this true? I supplement with 1 gram per day with fish oils plus a multivitamin.*

A. We do indeed consider that we can get all the nutrients we need if we strictly follow the Natural Eating precepts. However, most people are not perfect in this regard and inadequate omega-3 intake is the first casualty. So yes, supplement but don't forget to "unload" the omega-6 oils at the same time: we have to strive for that 1 to 1 ratio (although up to 4 to 1 is probably good enough). For example, 1 tablespoon of peanut butter cancels out 1 gram per day of omega-3 supplementation.

As for paleo-bars etc it is all quite depressing. How can that compare to eating the real thing? The commercial reality is that the only way to make money is to sell these high mark-up fabricated confections -- not the fresh produce out of the supermarket.

"eye q" fish oil, GLA, Law of Unintended Consequences

Q. *"eye q" is a heavily promoted fish oil supplement which also contains "Gamma Linolenic Acid (GLA)". What is this for?*

A. GLA is an omega-6 oil which, when it functions as the promoters want, produces "good" hormones. However,

it can misbehave too and when it does so, it produces "bad" hormones. So the promoters do not say that GLA is a double edged sword. In particular they do not tell you what makes GLA misbehave.

So what agent does make GLA misbehave? One of the biggest culprits is high insulin levels produced by eating starches and sugars. The insulin activates an enzyme called delta-5-desaturase which switches the transformation of GLA into the production of bad hormones or "prostaglandins". There is a diagram of how this happens on page 70 of the Natural Eating book.

We hope you never eat bad carbohydrates (like bread, pizza, potato, and confectionary). Anyone who does should avoid such foods from 2 hours before taking the supplement to 2 hours afterwards.

Calorie Defined

Q. *I am confused. Dieticians are always asking us to watch our calorie intake -- but what exactly is a calorie?*

A. The calorie is a measure of energy. Heat is one form of energy. A nutritionist's calorie is defined as the amount of heat needed to raise the temperature of 1 kilogram (1 liter) of water by 1°C (roughly 2 quarts of water by 1.8 °F).

Think of it like this. If you set fire to some wheat grains, a certain amount of heat would be liberated that would heat a kettle a certain number of degrees. That would give the amount of calories in the wheat.

The body does not need to set fire to the wheat to make use of its energy. It converts the wheat to blood sugar -- which then is consumed by muscles in another form of energy known as mechanical energy.

If the body receives more energy than it can use, it stores the energy in another form: fat. That is why nutritionists want you to control your intake of calories.

Hunger Hormone Control (3)

In the last two editions we saw that cravings are a form of starch/sugar addiction which are controlled by hormones and nerve signals between the brain and digestive organs.

Nutshell: Hunger Craving Mastered
To reduce hunger cravings we need

to emulate our naturally adapted lifestyle. This means non-addictive, low glycemic diet: no sugars and starches again.

Occasional Slight Hunger

Allow our bodies to feel slightly hungry several times a day. This ensures that the hormonal "eat/don't eat" signaling system is functioning healthily.

Lower Body Fat

Avoid carrying excess fat. Don't kid yourself: women should have a body-fat percentage of no more than 22%, (males, 15%). Get it checked! There is a bonus: Barbie-shaped women have 30% higher levels of the female hormone estradiol and are more fertile⁵

Next Month: *Sleep, Exercise, Hormones and the Female.*

Sunshine Beats Cancer

Q. *What do you make of press reports that sunshine prevents cancer?*

A. By the time the press gets hold of a story like this you can be sure that it is something we saw coming a long time ago. Yes, we are all tropical creatures and the right sunshine exposure is an essential part of a healthy lifestyle.

We reported 2½ years ago⁶ that you are more like likely to get cancer if you stay out of the sun. The free-thinking ex-NASA scientist, Dr William Grant has set up a website⁷ to extol the health-giving properties of sunshine. We reported⁸ that not only cancer, but rickets, multiple sclerosis, depression (and who knows what else) are, in part, sunshine deficiency diseases. The irony is that suntan oils block out the health-giving rays and lets through the useless ones. Just get out in the sunshine regularly -- be sensible -- just avoid burning.

Pancreatic Cancer - Part 2

Last month we looked at the prognosis for pancreatic cancer and started the first part of the crash course to fight its advance. Here in Part 2, we continue the Crash Course.

B. Eat animal matter, but modestly.
FOCUS ON:

- Omega-3 rich, free-range eggs. Eggs any style are fine at any time of the day. Accompany them with vegetables or a salad. Definitely NO bread or potato.
- Oily fish (salmon, herring, mackerel, trout, sardine...). All other sea food

is OK.

c. Poultry is OK but focus, if you can, on duck and goose. Game birds (pheasant, partridge, grouse etc...) are OK too.

d. AVOID any kind of beef, pork, lamb. AVOID all the products of such meats (bacon, ham, hamburger, sausage, bologna, etc...)

e. Venison, goat, elk, moose, caribou, are OK

C. Do take some Omega-3 supplements. That means:

- Fish oil capsules and/or flax-seed oil. Use the latter in your salad vinaigrette (make your own with the oil, lemon juice and garlic). You can also dose it into your liquidized vegetables.

D. Never let Starchy/sugary vegetables pass your lips again. That means:

- NO potato in any of its forms.
- NO peas, parsnip, sweet potato, yam, beets and cooked carrot.

E. Never let Grains, Cereals or their derivatives pass your lips again. That means:

- NO pasta, pizza, bread, toast, breakfast cereals, popcorn, cookies or cakes -- of any kind!
- NO rice, wheat, rye, oats, barley, corn, quinoa, or any other grain in ANY of their forms.

Next month: *Crash course continues.*

Food Policy

USDA pyramid -- Part 2

Last month we overviewed the new USDA food pyramid and found it an enigmatic and misleading compromise between competing interest groups. Now we dig deeper into the pyramid's mysteries.

Food Group Priorities

What of the pyramid's vertical stripes? They do indeed have different widths. We explore the depths of the USDA website www.mypyramid.com. Here we find that the different widths are supposed to symbolize the quantities that one is supposed to consume from each group.

In essence the message is still the same: eat more grains than anything, eat vegetables, eat fruits, eat a lot of dairy products, eat rather less meat and beans and consume very little oil. The pyramid graphic gives no guide at all to the actual amounts that this

translates to. "Rather than emphasizing that Americans should avoid junk food or soft drinks, it avoids referring to any good or bad foods -- a tactic that panders to industry", says Marion Nestle⁹.

The USDA says that the symbol is deliberately simple and is meant to encourage consumers to be physically active and make healthier food choices. They say that curious consumers can access a wealth of information at the new website www.mypyramid.com.

Flawed Doctrine

There is no doubt that there is indeed a wealth of "advice" on this website as well as tools to analyze your eating and exercise habits.

What worries us is that this will become the first port of call for schools who will be unwittingly indoctrinating their students in some very bad habits.

For example, as a follower of the Natural Eating precepts, you will not be eating any dairy products or grains. Enter your personal grains and milk consumption on the USDA website and they greet you with glum emoticons that tell you sternly that your intake is "poor".

That is the real danger of the new food guide: it will be a powerful force, brainwashing our youth in some very bad notions.

Next month: *Online Games and Pyramid bench test.*

Breakfast Ideas

Seafood Salad

We need to go for low Insulin Index¹⁰ foods, however unusual they might seem.

The idea of eating a salad in the morning runs counter to our Western cultural programming but it is some-

thing that many societies do, notably in Africa.

Make a copious mixed salad – at least 1lb per person. Much of it can be made ahead of time: chopped onion, bell pepper, raw carrot, cabbage, radish, kohlrabi, cauliflower and broccoli florets. At the last minute add tomatoes, cucumber, lettuce and some seafood: smoked salmon, crabmeat or shrimp. Keep it simple, even use canned fish. Other examples are tuna, sardine and mackerel. It makes a fine start to the day.

Recap of Previous Breakfast Ideas:

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

From Page 1

Our Genetic Heritage

You Are What Your Mother Ate

In which case, pregnant mothers food and vitamin supplementation might be laying down permanent changes for the health not only of her children, but also all generations to come. For example some of these "imprinted" genes can increase susceptibility to cancer. Jirtle speculates that autism, asthma and probably many other fast-increasing diseases might have been provoked by such unintentional supplementation.

Our View? This is the Law of Unintended Consequences. Nobody can predict the ultimate effect of something as simple as vitamin supplementation during pregnancy. Better to stick to the simple Natural Eating precepts and avoid trying to second-guess nature.

Next Month: *Why epigenetic effects do not make us better adapted genetically to modern diets.*

Lessons from Primal Peoples

Health and Longevity in Shangri-La

First, nutrition: The Vilcabambian's diet was very low calorie (1,200 cal/day), low fat (12 to 19 g/day) and low protein (35 to 38 g/day). They got most of the fat and protein from vegetable sources; only 12 grams per day of protein came from animal matter. They ate no dairy and no animal fat. No one was overweight let alone obese.

Finally the second important factor: exercise. The tribesmen work hard to scratch a living from the soil and, in Leaf's words: "the mountainous terrain necessitates intense physical activity".

Our View? We cannot, and probably would not want to, live like the Vilcabambians. Nevertheless the lessons we learn from their example reinforce the Natural Eating lifestyle as being the ideal for the human frame.

Advance Notice

Geoff Bond is keynote speaker at:
3d Annual Community Health Seminar

Hosted by Dr. Rita Stec

Sponsored by the
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Foundation

Wednesday, November 16, 2005

8 am to 1 pm

Annenberg Center for Health Sciences at
Eisenhower Hospital

Rancho Mirage, CA, USA

- 1 Nutrition Today; Sept/Oct 1973
- 2 Neurology; March 22, 2005;64(6):1047-1051
- 3 Nothlings: A merican Association for Cancer Research; Report to Annual Meeting; April 2005
- 4 Natural Eating book: page 44
- 5 Natural Eating Newsletter, June 2004
- 6 Natural Eating Newsletter, December 2002
- 7 <http://www.sunarc.org>
- 8 Natural Eating Newsletter, October 2003
- 9 Author of Food Politics and professor of nutrition at New York University
- 10 Natural Eating Newsletter; Jan 2005

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