

NATURAL EATING NATURAL EATING NATURAL EATING

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

Food Politics: Truth in Labeling. **Conforming Foods:** Apricot Tart. **Jungle Lore:** Bitterness is not all Bad (1). **Food Policy:** Monsanto Lies about GMO. **Conforming Catering:** Cocktail Party Refreshments. **Q&A:** Know your Malts; Diet and Rosacea; Cervical Spine Spondylosis; Citric and Malic Acid; Cataracts are Optional; Pancreatic Cancer (5). **Fascinating and Important:** Healthy Colon Briefing (1). **Hints and Tips:** Saving Almond Milk. **News Shorts:** Sesame Seed Oil Contains Omega-6 Antidote; Cobblestones for Heart Health; Cocoa of Low Blood Pressure. **Breakfast Ideas:** Fridge Door Summary. **Upcoming Events.**

Food Politics

Truth in Labeling

Consumers fight an uphill struggle to obtain the truth about the food they eat. Do you realize that:

- * Kellogg's Frosties cereal contains a whopping 39% added sugar?
- * Ritz Bits Cheese Sandwiches contain a measly 3% cheese?
- * Campbell's Cream of Mushroom Soup contains only 8.5% mushrooms?
- * 40% of Heinz's canned tomatoes are not tomatoes but tomato juice?

Probably not -- but you will do -- if tough new international labeling standards are adopted in America.

These would require food manufacturers to put the percentage of each ingredient on the label. Once again, America lags the developed world in such matters. These regulations are already in force in the European Union, Australia, and New Zealand.

However, Americans should not hold their breath waiting for it to happen! The Grocery Manufacturers and, incredibly, the US government itself, are lobbying hard to PREVENT these regulations becoming law for international trade.

Our View? We say that, as a rule of thumb, we should avoid eating foods that have an ingredient label. By definition they are processed and therefore suspect. Worse, labels are as deceptive as a harlot's kiss.

However, the big multinationals, like those cited above, will probably comply anyway. If not, they will have to segregate their American market products from the ones destined for export.

Conforming Cuisine

Apricot Tart



In our June 2005 Newsletter we published the recipe for Apricot Tart. We would be interested to hear from anyone who has made it. Above is a photo of an Apricot Tart recently made by Nicole.

Jungle Lore

We featured Dr Günter Nöll in our September 2003 Newsletter. From his plant-friendly home in the Viennese countryside, he runs day-long courses in knowledge of wild plants as food. He shows how to find them, how to identify them, and how to prepare them. Here he contributes his thoughts on bitterness in plants.

Bitterness is not all Bad (1)

by Dr. Gunter Noll

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Quite a few people don't like bitter taste. One argues that this would be a kind of genetic adaptation as, indeed, some of the most poisonous plants and their ingredients taste disgustingly bitter. In contrast, not all bitterness is poisonous.

Most edible wild plants, and therefore the "mother" plants of our domesticated species, too, contain a lot of quite helpful bitter substances. The wild apple

tastes extremely bitter, grapefruits still do, as well as some salads, endive or radicchio for instance -- whose wild predecessor is the extremely bitter Wild Chicory (footnote a)

But, as mentioned before, humans do have an innate aversion against bitterness which led people to select ever less bitter plants in the domestication process.

On the other hand even ancient physicians knew about the beneficial qualities of bitter herbs. They even claimed that any medicine which doesn't taste bitter would be ineffective and therefore useless!

Next Month: Part 2: *The different classes of health-giving bitter herbs and their properties.*

Food Policy

Monsanto Lies about GMO

The public may finally be getting an idea of just how damaging genetically modified (GM) foods can be. It took a German court to order the biotech company Monsanto to publish a controversial report about its Mon 863 variety of GM corn (maize).

The report confirmed claims made by prominent scientists. Animals which ate the GM corn developed severe side effects in the blood, kidney and liver. Humans eating the corn would also be at risk.

Moreover, the massive report exposed that European regulators accepted, without question, Monsanto's promises that Mon 863 was safe.

Continued page 4.

a Latin name: Cichorium intybus L.

Conforming Catering

Cocktail parties are quite easy to cater for the Natural Eating way. Here are some simple ideas:

Cocktail Party Refreshments

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Drinks

- Wine, dry (red and white)
- Tomato juice, unsalted
- Water, soda water, diet tonic.
- Tea, black, green and herbal
- Coffee, Americano and decaf.

Nibbles

- Cherry tomatoes
- Quails' eggs
- Hens' eggs, boiled, omega-3 rich
- Nuts, raw, unsalted. e.g. almonds, walnuts, brazil nuts etc..
- Crudités: carrot sticks, cucumber sticks, radishes, kohlrabi, etc...
- Dips:
 - Olive Tapenade,
 - Basil Pesto (with olive oil)
 - Bond Tomato Ketchup (recipe)
 - Tahini (pure ground sesame)
- Salad, mixed.
- Vinaigrette (recipe book)
- Olives (rinse the salt out of them)
- Onions, pickled
- Gherkins, cocktail
- Herring, roll mop
- Shrimps
- Smoked salmon
- Barbecued wild game: deer, elk...
- Chicken breast kebabs

Note: NO peanuts, NO fruit juices. Ring the changes on the above ingredients. e.g. shrimp on a cucumber slice; asparagus rolled in smoked salmon. Try also these simple dishes from Nicole's cookbook:

- Medallions of eggplant and tomato (bite-size with a cocktail stick)
- Olive cake (cut in cubes on stick)
- Bell Pepper Provençale (needs fork)
- Chocolate Brownie. Always popular dessert style fairy cake.
- Chocolate Mousse (You can never make enough!).

Questions**Know your Malts**

Q. I see on various food labels the terms "maltitol" and "maltodextrin". What is the difference?

A. Maltitol is an artificial sugar known as a "sugar alcohol". It is as bulky as sugar yet it has no effect on blood sugar levels. It is often used to make diabetic foods such as chocolate and pastries. We regard maltitol as a useful sugar substitute.

Maltodextrin is a kind of hidden sugar. It is high glycemic and should be firmly avoided. Make sure you know the difference between the two!

Next Month: *Sugar aliases listed.*

Diet and Rosacea

Q. I have rosacea. I am 6'-2" and weigh 200 lb. I have already lost 5 lb on your diet and want to lose 15 lb more. When I get down to my correct weight and a 32" waist instead of 36" will the rosacea go into remission?

A. There is hope, but not where you think. Rosacea is a state of abnormal inflammatory reddening of the skin, usually on the face. Often there is pus-filled acne. The cause is unknown and conventional medicine has little to offer in the way of cure.

However, various studies have shown that the condition can improve and even go into complete remission¹. The trick? To have good colon health. In particular, food transit time should be less than 30 hours.

These are modest targets. If you follow our precepts honestly, you will automatically have good colon health -- and transit times shorter than 24 hours. Check out the NE book, p 150.

Unhealthy colons release all kinds of mischievous agents into the blood, creating many hitherto unsuspected sneaky illnesses. Starting this month, we are serializing a Colon Health briefing (page 3). Follow these guidelines carefully: let us know how you get on.

We do not know if weight loss will make any direct difference. You are moderately overweight for your height; it will be good to get down to your target of 185 lb. Unless you have a broad frame and are built like The Hulk, 170 lb would be even better.

Cervical Spine Spondylosis

Q. I have this condition and also myofascial strain, lateral stenosis of the spine and muscle spasm from the neck down. I am in a lot of pain. Nothing that my doctors have done for the past 6 years has helped.

A. Hmm... Cervical spondylosis is a disorder that results from abnormal growth of the bones of the neck. Often spinal disks degenerate and there are mineral deposits and bone spurs between the vertebrae pressing into the nerves of the spinal cord. In other words, calcium depositing in places it should not. The other conditions are probably caused by the spondylosis.

Clearly your body is not repairing and renovating itself as it should do. It is receiving confusing signals and dysfunctioning. We frequently point out that food is a powerful drug, and can make things good or bad for you.

Follow our Natural Eating pattern and get the right fuel into the body. At the very least you will stack the deck of cards in your favor and stop the rot. Check out the Natural Eating book, page 145. This segment focuses on bone health in general. In addition, by getting your essential fatty acid intake balanced (Fats and Oils page 79), you will reduce inflammation and pain.

Calcium resorption in theory is possible. You have to go cold turkey. Let us know how you get on!

Citric and Malic Acid

Q. I see "citric acid" and "malic acid" on some food labels. What are they?

A. They are OK. Citric acid is the main acid in lemon juice. It is also present in many other fruits. It is added to processed food as a flavoring and as a stabilizer. In these quantities, it is quite innocuous and can even be helpful -- it enhances the effect of vitamin C. In Europe this additive has the code E330.

The Latin for apple is "malum" which gives its name to the malic acid (E296) which apples contain. It is added to processed foods for flavoring, as a preservative, for gelling and coagulation, and to help prevent oxidation of fats and oils.

Do not imagine, however, that food manufacturers use the compounds occurring naturally in lemons and apples. They make E330 and E296 in a laboratory.

Cataracts are Optional

Q. *Most older people in my family develop cataracts. Is there anything I can do to prevent it happening to me?*

A. There sure is. Cataracts, (clouding over of the lens) are optional. The main reason the lens becomes opaque is due to damage by free radicals (highly corrosive atoms produced by the body as a waste product). Free radicals are "swept up" by molecules known as antioxidants. Not surprisingly, a diet rich in antioxidants protects against cataracts (and many other diseases). Antioxidants are almost entirely found in colored, non-starchy plant food.

Dr Chasen-Vaber finds² that a good intake of the **flavonoid** antioxidants, lutein and zeaxanthin, reduces cataracts by 22%. Dr. Lawrence Kushi, in the massive Mediterranean diet study, finds³ that a copious intake of **plant food** and little or **no dairy**, accounts for the absence of many diseases, including cataracts.

In the June 2005 Newsletter we reported how professor Jacques found that people who consumed **omega-6 oils** and **saturated fats** were at risk⁴ of cataracts. He also found that people who consumed good quantities of **omega-3 oils** were protected⁵. Professor Veromann finds that high **sugar** and **salt** consumption increases risk of cataracts⁶. **Sugar diabetics** generate lots of free radicals: the Japanese researcher, Dr. Osawa shows that plant antioxidants reduce cataract risk⁷. Bottom line?

Consume flavonoids, colored plant food abundantly, omega-3 oil.

Avoid: dairy, omega-6 oil, saturated fats, sugar, salt.

In other words, just conform to the Natural Eating pattern -- and your eyes should stay crystal clear.

Pancreatic Cancer - Part 5

We serialize the crash course to fight the advance of pancreatic cancer. Now we finish with a review of the likely conventional treatment and what we would do in your position.

Conventional medicine will probably do three things:

- Go through the motions of 'controlling' the disease with chemotherapy and radiotherapy.
- Provide palliative treatment to minimize all the unpleasant

symptoms that are likely to develop.

- prescribe pancreatic enzymes and perhaps other hormones to compensate for whatever the pancreas has stopped producing

The 'controlling measures' of chemotherapy and radiotherapy are brutal and a tremendous insult to the body -- even a healthy person would have difficulty getting over them.

The palliative treatments are designed to relieve symptoms, notably pain, and will often move on to morphine in the end stages.

So if it helps to know how we would handle the situation, this is what we would do:

- We would go cold turkey on the life-style pattern serialized in previous months.
- We would accept the palliative treatments as necessary.
- We would refuse the chemotherapy and radiotherapy.
- We would take the enzymes etc...
- We would hope for the best and prepare for the worst.

That is how we would do it, but this is not medical advice and in the end it is your decision. We wish you well.

Fascinating and Important

Healthy Colon Briefing (1)

The colon, until recent years, has been a much underrated organ -- even thought even to be dispensable. We now know that the colon performs many essential functions when in a proper state of health. Today in the West, diseased colons originate a wide range of illnesses. Let us look at what makes the colon function properly and, in this way, so better understand what kinds of food residues we should be putting down there.

Believe it or not, we are all walking around with 3 to 5lb of living matter ("biomass") in our colon: bacteria, yeasts and funguses. Collectively they are known as gut "flora" (literally from the Roman goddess of flowers). There are over a trillion bacteria alone, of many and varied species. They live on and "ferment" the food residues that arrive in the colon. For example, many kinds of carbohydrate survive digestion, notably plant fiber.

In this process the biomass is producing all kinds of useful

compounds. Some of these are fatty acids called "butyric acid" and "propionic acid". They are absorbed through the colon wall into the bloodstream where they carry out important functions in the body such as boost *immune* function and control *cholesterol*. Gases like hydrogen, carbon dioxide and methane are also produced and in part pass into the bloodstream. (The other part is passed as wind.) From the blood the gases pass to the lungs where the gases are breathed out. However, even bacteria have difficulty breaking down (fermenting) some kinds of indigestible, compounds such as lignin (a woody fiber) and cellulose. These are passed out, unaltered, in the bowel movements.

Part 2 continues next month.

Hints and Tips

Saving Almond Milk

Many of our recipes use almond milk. In our April 2003 Newsletter we show how to make almond milk. It is also possible to buy almond milk in cartons, but check that it is sugar-free. Once you have made the milk, or the carton is open, the almond milk does not keep very long. Put the remaining milk in an ice cube tray and freeze it.

Check the volume of an individual cube mould and measure out 1 Table-spoon into each. Then you can just add cubes of frozen almond milk to the recipe as required.

News Shorts

Sesame Omega-6 Antidote

Sesame seed is high in omega-6 oils - normally something we try to avoid. Authentic tahini (sesame "butter") is made purely from ground up sesame seeds. It makes a tasty dip. (see Conforming Catering, page 2)

Surprisingly, in spite of its omega-6 oil content, tahini does not provoke the unhealthy reactions that would be expected.

Researchers have found⁸ that a compound in sesame called "sesamin" blocks the conversion of omega-6 oils into "bad" prostaglandins. Prostaglandins are hormones that provoke inflammation, abnormal blood clotting, allergies and much more.

Our View? It goes to show how much jungle skill is needed to navigate

through the feeding opportunities today. Seemingly, we can make an exception of sesame seed products and incorporate them into the Natural Eating feeding pattern.

Cobblestones for Heart Health

Dr. John Fisher and a team from Oregon Research Institute have tested claims that walking on cobblestones is beneficial. The research was inspired by the Chinese reflexology practice of walking along special stone paths.

When people over 60 walked barefoot on smooth, rounded cobblestones for just half-hour a day over four months, they significantly improved their balance and lowered their blood pressure.

The body relies on two complex methods to maintain balance: the inner ear (30%) and the system that connects skin and muscles (70%). However on an uneven surface, the emphasis switches and the inner ear system is forced to shape up to 70%, so improving balance generally.

In the Natural Eating book, we mention how an artery in the ball of the foot is exercised as we walk, thus pumping blood through the lower leg. Fisher speculates that cobblestone stimulation improves circulation and thus improves blood pressure. There may even be some nerve stimulation effect, rather like acupressure.

Our View? Humans evolved in an environment where they walked and ran many miles a day, barefoot on stony ground. It is quite possible that the body assumes that we still do that, and does not function at full efficiency without that behavior.

Cocoa for Low Blood Pressure

A daily bar of dark chocolate lowered blood pressure and improve insulin

sensitivity, reports⁹ researcher Jeffrey Blumberg, Ph.D. The effect is due to the rich content of flavonoid antioxidants in cocoa.

Not surprisingly, white chocolate (where the flavonoids are stripped out) and milk chocolate were not effective.

Our View? We are all for high cocoa solid chocolate (minimum 75% cocoa). Even so, a whole 4 oz bar a day is just too much -- lots of fats and calories. On the other hand, pure cocoa drinks made with water or almond milk (see Hints & Tips) is fine.

Breakfast Ideas

Fresh Conforming Fruit

Here we return to an old standby. Prepare 12 to 16 oz of LOW GLYCEMIC fruit and eat them in small quantities throughout the morning. Take a plastic bag when shopping, working or at school. A suitable menu might be: one grapefruit, one apple, two plums, one dozen cherries. Ring the changes on the list in the NE book page 209.

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)
- Seafood salad (May 2005)
- Continental Breakfast à la N. E. (June 2005)
- Cookbook Dishes (July 2005)

From Page 1

Human Biology

Monsanto Lies about GMO

This was despite the unscientific and contradictory rationale that was used to dismiss significant problems.

Our View? The corn had been engineered to make a powerful pesticide within itself. It is not surprising that, if pests drop stone dead when they eat it, Mon 863 is bad for humans too.

Deception is rampant when corporate

profits collide with scientific reality. Even Monsanto's scientists were corrupted by the pressures on them -- and the European officials trustingly allowed themselves to be duped by Monsanto. GMO? AVOID!

Upcoming Private Events

Over the next few months, Geoff will be speaking to private audiences in **London, Oslo, Paris and Cyprus**. Those attending are invited to contact us if they wish for more details.

Upcoming Public Events (USA)

Geoff Bond is keynote speaker at: 3rd Annual Community Health Seminar
Hosted by Dr. Rita Stec
 Sponsored by the Walter T. Stec Memorial Education Foundation
Wednesday, November 16, 2005
 8 am to 1 pm
 Annenberg Center for Health Sciences at Eisenhower Hospital
Rancho Mirage, CA, USA
Entry gift: prepaid \$20, Door \$25.

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- 6 Veromann S; Dietary sugar and salt represent real risk factors for cataract development; Ophthalmologica. 2003 Jul-Aug;217(4):302-7.
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