

NATURAL EATING NATURAL EATING NATURAL EATING

The Science and Art of feeding ourselves the way Nature intended

It is the Science of the feeding pattern that is right for the human species;

It is the Art of applying this knowledge in today's world

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The Best of Natural Eating Newsletter

Bumper Double Edition – in celebration of

The Walter T. Stec Memorial Education Foundation SeminarThis edition contains a digest of articles published since January 2000. Sign up for recent issues and see older ones at www.naturaleater.com

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Food Politics**Junk Food makes Unruly Kids**

In the Central Alternative High School, Wisconsin, the kids used to be out of control. They packed weapons, discipline problems swamped the principal's office. But not since 1997.

What happened? In 1997, a private group called Natural Ovens began installing a healthy lunch program. Fast-food burgers, fries, and burritos gave way to fresh salads, meats "prepared with old-fashioned recipes," and wholemeal bread. They added fresh fruits to the menu. Good drinking water arrived. They removed vending machines. **Cont. page 8**

Anthropology: Immortal Genes**Europeans from Seven Women**

At different times during the last 45,000 years, seven women survived wolves, bears and ice ages to form different clans that eventually became today's European population. Bryan Sykes, professor of human genetics at Oxford University says that we can trace the ancestry of 99% of Europeans back to the seven women who founded the clans. They in turn have strong genetic links to a clan in Africa today (see next item). **Cont: p.8**

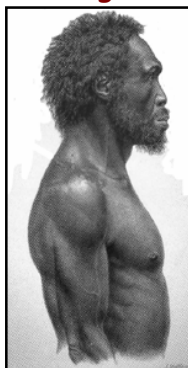
Our Human Heritage**6,000 Generations Ago**

This is an artist's reconstruction¹ of 150,000-year-old skull and bones found in Ethiopia.

Everybody on the planet is descended from humans who lived in this area at the time, so your far-off ancestor looked something like this.

(See "Our Ultimate Father", p.6;) Sophisticated photo-fit techniques provide an authentic reconstruction of facial features. We think that humans of this era had an 'apricot' skin color – rather like the San Bushmen who still live in southern Africa. (more: April 2004)

See also: "Daddy Genghis Khan" p.6; "Human/Hominid Confusion" p.6.

**Quote of the Month****Health - the Greatest Good**

"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied." -- Herophilus, Greek father of medicine, 300 B.C.

Imminent Event

Geoff Bond is keynote speaker at:
3rd Annual Community Health Seminar
Walter T. Stec Memorial Foundation
Wednesday, November 16, 2005
8 am to 1 pm
Annenberg Center for Health Sciences at
Eisenhower Hospital
Rancho Mirage, CA, USA

Monique: (760) 773-5063

Echoes of our Past**Women Respond to Stress Differently to Men**

A landmark study² by a team led by Dr Shelley Taylor shows that women respond to extreme danger with a cascade of brain chemicals, including one called "oxytocin". These hormones drive women to tend children and gather with other women. Dr Taylor dubs this the "tend and befriend" response. This is in contrast to the men's "fight or flight" response.

It is interesting that, in an emergency on the African savannah, the females were programmed to round up the kids and get everyone into a huddle while the men, pumped up on testosterone and adrenaline, battled off the danger. (more: March 2002)

Recipes

Our newsletters usually carry a conforming recipe in this column. Due to shortage of space, this month's recipe is held over. Don't forget that there are many delicious ideas in Nicole's recipe book: *Healthy Eating with the Bond Girl*:

nicolebondgirl@naturaleater.com

Cooking Tips

Jazzing up Eggplant

This is a good tip to improve the flavor and cooking quality of eggplant (aubergine).

The cut surfaces of eggplant behave rather like blotting paper and soak up the first liquid that they meet.

When sautéing or roasting eggplant slices, dunk them first in balsamic vinegar. It soaks into the eggplant and provides a barrier to the olive cooking oil. In this way, the eggplant slices brown beautifully without being too greasy. They have a delicious flavor too.

Kids Corner

Breast Babies Brainier

Infants fed a special formula containing two fatty acids, docosahexaenoic acid (DHA) and arachidonic acid (AA), demonstrated a significant advantage in mental and visual growth.

Researchers have long thought that DHA and AA, which are both present in mothers' milk, play a critical role in the mental development of infants. Quality infant formulas sold in Europe, contain DHA and AA, but not in the United States and Canada.

Pregnant mother's blood feeds the fetus' brain with DHA and AA. Breast-feeding mothers continue to provide this vital "brain food" in their milk³.

Comment: Again Breast is Best. This is another example of how a baby's metabolism is different to an adult's. DHA and AA are not "essential" for adults, whose bodies can make them from other compounds. (April 2000)

Obese Children's Arteries Same as Heavy Smokers'

New research shows⁴ that obese children as young as 10 years old have arteries resembling those of heavy smokers. They face coronary disease in early middle age.

Doctors from Hong Kong, and from the Royal Prince Alfred Hospital (RPAH) Sydney, Australia, used ultrasound to monitor children's blood vessels. They found that some of the children's arteries had thickened to look like those of adult smokers.

"It means these children are at risk of heart attack or stroke in their 40s or 50s, rather than their 70s or 80s." said RPAH cardiologist and director David Celemajer. [He is too optimistic – such children are already growing into heart disease in their twenties.]

However, there is Good News: we can reverse the damage. According to RPAH director Kate Steinbeck, experiments have shown that, "with a healthy low-fat diet and sustained exercise over one year, the children's blood vessels returned to normal." (May 2000)

Autism: Dairy, Grain Link

Elimination of dairy products, grain gluten and other food components dramatically improves the symptoms of children and adults with autism⁵.

"Poorly-degraded food proteins leak from the gut into the blood," said Dr. Ted Kniker⁶ "Our study was extremely tight and very dependable. Autism is becoming a world-wide pandemic. It is clearly not genetic".

Comment: Just so! Nature never designed humans to eat dairy, beans or grains. The medical establishment is recognizing the truth – that their ministrations for autism will only be effective if they take diet into account as the prime suspect. (May 2001)

Cow's Milk for Cow's Brains

Q. I have breastfed for 12 months. Is it all right to introduce cow's milk now? I understand that toddlers up to 3 years can digest milk properly.

A. No. Cow's milk is for baby cows. Nature designed it to build big horns and small brains! Cow's milk contains

all sorts of compounds that are right for cows but wrong for humans.

Human babies/toddlers require *human* milk. A good quality formula milk is the next best thing. The makers try very hard to imitate human milk's good qualities.

But anyway, your baby is already 12 months old. By now you are introducing blended solids. He probably does not need any extra milk, just sterile water. (more: June 2001)

Fat Kids = Diabetes

An expert panel says⁷ diabetes was previously extremely rare in children. Now, with ballooning obesity, diabetes is increasing to epidemic proportions.

The experts continue: overweight children should be regularly tested for diabetes. When diagnosed, they must be educated how to manage blood glucose levels, physical exercise, diet – and daily injections of insulin. They should be screened regularly for onset of blindness, high blood pressure and kidney problems.

Comment: "Blindness", "kidney disease", "daily injections". Our young generation is eating its way into a handicapped and decrepit future. (more: March 2000)

First Natural Eating Child

In September 2001 we reported on our first Natural Eating baby:



This magnificent baby is Alexandre, the 15-month-old son of Fred and Jeanne Bouvet. The family has been enthusiastic Natural Eaters for several years.

Alexandre has spent his whole life, including that in the womb, as a Natural Eating baby – Jeanne followed the Natural Eating precepts right through pregnancy and breast feeding. (More on Alexander's diet and vital statistics in September 2001).

UPDATE: We are now pleased to report that Alexandre is now a bright, supremely healthy 5 year-old. He and his parents continue the Natural Eating precepts - just as they did when he was born.



Female Focus

Female Emotional Memory Best

Wives are better at remembering emotional issues than husbands. Women's brains are wired to both feel and recall emotions more keenly than those of men, a study by Dr Turhan Canli found⁸. She said: "The study supports the folkloric idea that a wife has a truer memory for marital spats than her husband. Moreover, dwelling on a memory can lead to depression."

Our view? This fits in with what we know about how Pleistocene life was organized. The women would spend most of the time together and would be vying with each other for higher places in the pecking order. Survival depended on accurately discerning mood in rivals. In today's society, women find themselves dealing much more with oblivious men. Female mood-detection skills are frustrated leading to depression. (August 2002)

The Curse: Menstrual Cramps Turned on by "Bad" Oils

Menstrual cramps are switched on and off by hormones known as prostaglandins. These are the famous products of the consumption of essential fatty acids. Omega-6 oils like sunflower, corn oil and peanut oil turn them on. Omega-3 oils like Canola (rapeseed), walnut, flax and oily fish turn them off.

In a Danish study⁹, women with their EFA ratio balanced by extra fish oil stunningly confirmed this effect.

Moral? As usual, cut down on the omega-6 foods and boost the omega-3 foods. See the Natural Eating Book, Chapter Five, p. 79. (download: www.savvyeater.com) (more: October 2000)

Why Smokers Look Older

According to a study reported in the Lancet¹⁰, smoking switches on a gene that destroys collagen. Collagen is the substance that gives skin its elasticity.

The researchers also discovered that sunbathing activates the gene in smokers, multiplying up the wrinkle potential. Smoking also triggers oxygen damage to skin cells and clogs blood flow to the skin. (April 2001)

Fruit Feeds Candida

Q. *I am a health professional. I tell candida patients to go easy on fruit for the first month and to stay away from ripe bananas and grapes etc, which are borderline Glycemic Index.*

A. Unfortunately Candida likes fructose almost as much as it likes sucrose (sugar), glucose and maltose. So referring to the Glycemic Index is not a great help in this case.

Once Candida gets a foothold it spreads from the colon to all other parts of the digestive tract. The sugars feed the candida already in the mouth, stomach and gut. Candida is extremely difficult to root out. It has to be starved out.

So your advice is well founded. It is certainly advisable to keep ALL sugar and starches out of the diet for at least a month. That includes all fruit. Once the candida is brought under control, then low-sugar fruits like raspberries, gooseberries and loganberries can be introduced. (more: Sept 2001)

Gender Asymmetry: Women have harder time keeping slim

Ladies, if you're cohabiting you know that you dare not keep up with your male partner's food intake: you'll gain more weight than he does. There is a biological reason. On average, it takes 12 calories per pound of weight to keep a male at a stable weight. Women need only 11 calories per pound. Over time it adds up.

Women's bodies naturally have a higher proportion of fat. Fat tissue burns up fewer calories than muscle tissue, so a woman will need fewer calories to maintain her weight. What can you do?

- Don't let your partner's food preferences and portion size change your eating habits.
- Dish out the food in the kitchen and bring the plates to the table. Put less food on your plate.
- Eat more slowly than he does.
- Stop eating first and leave a small amount of food on your plate.

(September 2001)

Oily Fish Prevent Preemies

In yet another confirmation of the vital importance of the omega-6 to omega-3 ratio, recent research¹¹ shows that if a woman gets this right she is 3½ times LESS likely to give birth prematurely. Those Danish women who ate oily fish (rich in omega-3) just once a week reduced the premature birth risk from 7% to 2%. (March 2002)

Hormone Replacement Therapy

Q. *What is this latest scare about HRT. about -- should I worry?*

A. We take the part of the innocent bystander: The scare arose when part of a recent HRT study¹² was stopped early "based on health risks that exceeded health benefits".

The non-hysterectomized women were on combined estrogen and progestin. The harmful results were: small increased risks for breast cancer, heart disease, stroke and lung clots. The benefits were small *decreased* risk of colon cancer and hip fracture.

Our View? Pleistocene grandmothers certainly did not drink mare's urine to prevent hot flushes. Ultimately, this must be a decision for the woman to make. The risks of HRT are not great. Perhaps the UNSPOKEN supposed benefits of wrinkle prevention and rejuvenated sexual desire will be decisive in your choice. We dislike meddling with our hormones – but it's your call! (more: August 2002)

Breast Cancer Risk:

Early Periods, Late Menopause

A great number of breast cancer-provoking factors can be traced back to the exposure to estrogen that they generate^{13,14}. Early onset of periods and late menopause are risk factors. A girl who starts periods at 10 has THREE times the risk of breast cancer compared to starting at 15.

Menopause at 55 has DOUBLE the risk of menopause at 45. Quite simply, the woman's breasts have been exposed to estrogen for a longer period of time.

On the other hand, women who have children early, have many children, breast-feed, all have REDUCED risks of breast cancer.

What can you do about it? Early first period is linked to obesity, to a high fat, high glycemic diet, and a diet rich in dairy and soy products^{15, 16, 17}

On the other hand, menopause around 50 is quite normal. What is abnormal is not to have many pregnancies -- and not to breast feed. (more: January 2003)

Myths and Fallacies

"Drink At Least 8 Glasses Of Water A Day" -- Really?

The fear of dehydrating is largely overdone. The •Kade San Bushmen live for 300 days per year in the hot Kalahari Desert without water at all. They get all the liquid they need from the plants they eat¹⁸. (This is an extreme and we do not recommend trying it!)

Kidney specialist Dr Heinz Valtin, says¹⁹ that the universal advice to constantly swig water lacks scientific proof and is more urban myth than medical insight. Valtin, author of renowned textbooks on the kidney and water balance, reports no supporting evidence for "8 x 8" (an 8oz glass 8 times a day = 64 oz).

How did the obsession start? Valtin blames the Food and Nutrition Board recommendation of "1 milliliter of water for each calorie of food," which equates to 64 fl oz per day. **BUT** the bottled water industry mischievously overlooked a vital condition: "most of this water is **CONTAINED IN FOOD!**"

Perrier, in a remarkable, 1980's marketing coup, happily kept the "8 x 8" misunderstanding going -- to the greater health of their balance sheets. Many experiments demonstrate how well the human body can maintain proper water balance. Of course, in exceptional conditions such as kidney stones, strenuous physical activity, long airplane flights or hot weather, a good fluid intake is needed.

In contrast, cases of "water intoxication" are frequent. Dr Almond studied²⁰ runners in the 2002 Boston Marathon. He found that one in eight had serious fluid imbalances from drinking too much water; one woman died. The West End actor Anthony

Andrews, who drank 8 liters of water a day, was only saved after being rushed to hospital in a coma.

(April 2002, August 2003, April 2005)

Mother's Milk

Good for Babies -- but Adults?

Q. Why should the saturated fat called palmitic acid, be so bad for us adults 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 of which a quarter is palmitic acid. It is harmful to human bodies from the age of about four onwards -- as has been well documented scientifically²¹. It is found concentrated in butter (which is, after all, milk-fat) and in most other animal fats. It is also present in many so-called 'tropical' oils. Palm oil -- from which palmitic acid gets its name -- is an example. Beware of palm oil in processed foods (e.g. cookies, pizza).

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 milk fats after 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. (more: December 2004)

"High" Fructose Corn Syrup Sugar by another Name

Q. Some soft drinks are sweetened with 'high fructose corn syrup'. Does this mean it is a safe sweetener?

A. No, the term 'high fructose corn syrup' (HFCS) is misleading. In fact it is no more than 50% fructose, the other 50% being glucose. In other words it is exactly the same as 'sucrose' or ordinary table sugar.

Colas and sodas are commonly sweetened with HFCS but it might just as well be sugar. For every 12 oz can that you drink, you are taking in 6 teaspoons of fructose and 6 teaspoons of glucose. obesity scientist Dr. George Bray²² blames it for the American obesity epidemic .

Cocoa Butter - Good or Bad

Q. I see that cocoa butter is a big component of many dark chocolates. Isn't it just another bad fat?

A. No -- for two reasons. First, cocoa butter has quite a good fatty acid profile. It is one third mono-unsaturated fat (like olive oil) and one third 'stearic acid', a harmless saturated fat. About a quarter is the potentially harmful "palmitic acid". (See "Mother's Milk", earlier)

However, and secondly, there is very good news from another front: the location of the palmitic acid on the triglyceride molecule (explained on p. 82 of the Natural Eating book, or at: www.savvyeater.com)

The bad palmitic acid is located in positions where it is poorly absorbed into the body -- which is good. Dr Serge Renaud (of Lyon Diet Heart Study fame) observes²³ that this explains why dark chocolate consumers suffer no harmful health effects. But yes, cocoa butter is still empty-calorie fat, so do not overdo it! (more: November 2003)

Cling Film OK for Microwave

Q. Is it safe to use cling film in the microwave?

A. Yes -- in spite of the lurid and alarmist reports you might have heard. They fed on the discovery that most plastics leak minute quantities of estrogen-like compounds into the food

that contains them. Heat can speed up this reaction. The cling film manufacturers have addressed the issue and developed microwave-safe versions. (September 2002)

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 wave and have nothing to do with the emission of radioactive particles.

Some people are worried that microwaving destroys the nutrients in the food. Fish and poultry (by not oxidizing their fat), are MORE SAFELY cooked this way than by roasting or grilling²⁴.

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. (December 2004)

Sunshine Beats Cancer: Really

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

A. Yes, we are all tropical creatures and the right sunshine exposure is an essential part of a healthy lifestyle. We reported 2½ years ago²⁵ that you are MORE LIKELY to get cancer if you STAY OUT of the sun.

The free-thinking ex-NASA scientist, Dr William Grant has set up a website²⁶ to extol the health-giving properties of sunshine. We reported²⁷ that not only cancer, but rickets, multiple sclerosis, depression and a host of other illnesses are, in part, sunshine deficiency diseases. Get out in the sunshine regularly -- Just be sensible -- avoid burning. (May 2005)

Food Cholesterol OK

Misconception: Cholesterol-rich foods (like eggs and shrimp) are the biggest contributor to high cholesterol in the blood.

Wrong: *saturated fats* are three to five times as powerful in raising blood cholesterol as cholesterol-rich foods²⁸.

Other big risk factors are:

- a high glycemic diet
- a diet rich in animal protein.
- a diet rich in casein (found in ALL dairy products including low fat.)

Natural Eaters automatically avoid these big risk factors. Cholesterol-rich foods like eggs and shellfish are irrelevant. Your body, when it is functioning normally, uses or rejects the cholesterol you eat as it needs. It tops up supplies by making it when it requires. (August 2003)

Canola Oil Myths

Myth: *"Canola (rapeseed) is a member of the mustard family, and is the source for the chemical warfare agent, mustard gas".*

A. If a plant were to be condemned because it is a member of the mustard family, then we would also have to give up eating turnip, cabbage, watercress, horseradish, radish ... and mustard! (Mustard gas is an artificial chemical and got its name from its smell.)

Similar alarmists accuse Canola of causing mad cow disease, of being a trans-fatty acid, and as an insecticide that kills aphids. They even accuse the growers of bribing the FDA (Food and Drug Administration) \$50 million, to approve it.

All these assertions are absurd. In truth, Canola oil is a valuable addition to the diet. It is rich in "good" omega-3 and monounsaturated fats. Always go for organic, cold pressed. (June 2000 to October 2000)

Avoid Fruit to Avoid Pesticide?

Q. *Should I peel apples and pears to get rid of pesticides?*

A. No. Of all our worries, pesticide is definitely in the Little League. There is more pesticide in meat, milk and cereals than in fruit. Secondly, much pesticide is 'systemic' -- it is found throughout the flesh of the fruit, not just on the peel. Thirdly, of the positive tests, the levels are often so low that they are less than that produced by the fruit themselves. Fourthly, the peel contains much of

nutritive value -- don't throw it away. Fifthly, our bodies are good at detoxifying moderate amounts of pesticide.

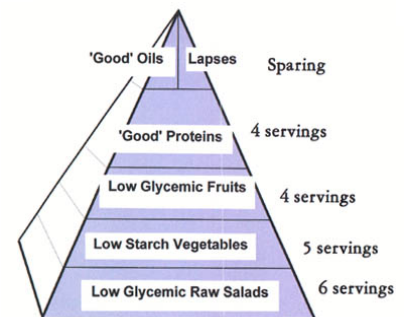
If you want to be sure, go for organic fruit and vegetables. They will be low-pesticide and richer in micronutrients. No surprise; when insects eat into them they provoke the plants to produce natural pesticides (such as polyphenols) -- which do double duty as our micronutrients²⁹. In short: forget pesticide and just chomp into your unpeeled fruit with an easy conscience. (June 2003)

Interesting point. Eat plants attacked by insects -- they will be richer in micronutrients -- which are the pesticides made by the plants to kill the insects!

Food Policy

Natural Eating Food Pyramid

"The Only one that Counts"



Above we provide our own, ideal pyramid, the Natural Eating one.

Last month (May 2004) we showed how the new USDA food pyramid will be a shabby compromise between farmers, agro-industrialists, food lobbies, trade associations, labor unions, politicians and financiers. In other words it is more dangerous than if nothing were said at all: it will be used to design school meals, taught in the school curriculum and used in advice by dietitians -- when we know all along that it is severely flawed. (June 2004)

Hints and Tips

Know your Sugars

The food manufacturers are getting ever more devious in hiding sugar in their labels. In particular they highlight healthy-sounding names, such as

'honey' and 'apple juice concentrate'. Here is a list of sugar aliases. From a nutritional viewpoint, they are all as bad as each other:

maltodextrin, glucose, glucose polymers, invert sugar, sucrose, dextrose, raw sugar, honey, brown sugar, barley malt, date sugar, cane sugar, maple sugar, caramelized sugar, fruit sugars, apple juice concentrate, blackstrap molasses.

Our view? We strongly recommend only using unprocessed generic foods -- What You See Is What You Get (fresh apples don't need ingredient labels!) But if you do decide to choose fake, manufactured food be wary of the above sneaky sugars. (*Sep 2004*)

Cocktail Canapé Ideas

Thank you to Elsbeth Wiegand of Vancouver for these suggestions.

Cucumber and Trout Pâté

Slice a cucumber just sufficiently thickly to form a platform for the pâté. Take some smoked trout and mash it into a pâté with some canola oil, lemon juice, pepper and finely chopped green (spring) onions. Serve the cucumber slices with a dollop of pâté on each one.

Palm Hearts and Sardine

Take canned palm hearts and slice them in half lengthwise. Take sardines, preferably small and canned in fish oil and, according to size, lay them on the flat surface of the cut palm heart. If the sardines are larger, open them in half lengthwise and remove the spinal cord. Dust with paprika to taste.

Index of Breakfast Ideas

For good health, it is essential to avoid spiking insulin levels early in the day. That means shunning traditional breakfast items like cereals, fries, toast, waffles, jam and dairy products. We need to go for low Insulin Index foods³⁰, however bizarre they might seem. Here we summarize the ideas detailed in previous newsletters.

- 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)
- Fresh, conforming fruit (August 2005)

Human Blood Lines

Our Ultimate Father

The most recent ancestor of all males living today was a man who lived in Africa around 59,000 years ago³¹.

The new research confirms the Out of Africa theory that modern humans originated in Africa before slowly spreading across the world. To find the common male ancestor, the team mapped DNA of men worldwide.

The Bushmen of south Africa are the closest living descendants of the first humans to set out on that great journey tens of thousands of years ago.

Comment: This common ancestor was just one of tens of thousands of males living at the time. It is just that the other bloodlines petered out over the generations. (*November 2000*)

Daddy Genghis Khan

Geneticists find³² that as many as 8% of the Mongolian men, (some 16 million) can claim descent from Genghis Khan (lived 1167 to 1227).

Juvaini, a Persian historian, in 1260 wrote: "... it is extraordinary how from the loins of one man there could spring, in so short a time, so great a progeny."

High status men in all cultures tend to get the women. But this is a remarkable example of how one man (and his many harems) originated a large percentage of the current Mongol population -- to the detriment of those men who had no women at all.

But where did Genghis' father come from? He in turn was descended from a man whose lineage ultimately we all share (see previous item). (*March 2003*)

Human/Hominid Confusion

Q. *Didn't humans/hominids migrate out of Africa much earlier than 60,000 years ago? There are sites for early humans going back over 700,000 years in places like Java.*

A. This kind of discussion is bedeviled by the imprecise meaning of terms like "early humans" and "human/hominids". Anthropologists call our species "Homo Sapiens Sapiens". This is the "Modern Human". Another species of similar creature, "Homo Erectus", flourished

in large parts of Europe and Asia. His remains are to be found dating back indeed up to a million years. One well-known variant is the Neanderthal who is often called "early human".

It is misleading because *no human on this planet* is descended from them. This could only be conclusively proved with the discovery of DNA analysis. Our species has absolutely no Neanderthal genes or Homo Erectus genes.

Furthermore, this DNA analysis has been able to 'work back up the genealogical tree' to establish that everybody on the planet is descended from a group of Modern Humans who lived in eastern Africa just 60,000 years ago³³. (See previous items) (*more: February 2001*)

Food/Disease Connections

Cancer is Optional

Cancer and cancer-anxiety are increasing alarmingly. Here we show how this disease is largely optional.

We are all born with pre-cancerous cells in us. However, our bodies' immune systems have developed at least 10 lines of defense to prevent them developing into malignant tumors. At every one of these steps, cancerous cells must escape the many controls that have evolved over eons to keep cancers in their place. It is estimated that only 1 in 10,000 cancerous cells successfully makes it through this battery of defenses to establish a new colony. The wonder is that cancers can ever occur at all.

It is a terrible indictment of our lifestyle that we so sabotage our bodies that cancer has become such a prevalent disease. If we just live our lives as nature intended, our immune systems will save us from cancer -- as is their job. For that is the true message: cancer is optional.

We have lots more interesting, life-saving information on our website: www.beatcanceraturally.com

Unsurprisingly, cancers are encouraged by a diet high in dairy, fat, meat sugars, starches, and low in plant food. Here we give a sample of some other, UNEXPECTED diet/cancer links

Vitamin C feeds Cancer Cells

Cancer patients often take large doses of vitamin C in the hope of a cure. They might actually make their disease worse by inadvertently *protecting their tumors* from radiation and chemotherapy³⁴.

Cancer cells feed on, and store, large amounts of vitamin C, as protection from oxygen damage. In contrast, radiation therapy, works by *triggering* oxygen damage to the genes of cancer cells.

"My experience as a biologist would say it is no accident," said Dr. David Golde. "The cancer cell wants vitamin C because it wants anti-oxidant protection." (April 2000)

Cancer Genes no alibi for Behavior

Women who are rushing to get tested for so-called breast cancer genes kid themselves that their behavior is not by far the most important factor. A study of women who signed up for genetic testing showed most were engaged in high-risk behaviors such as smoking and a low plant diet. "Only 5 to 10 percent of all cancers are caused by inherited genetic mutations," said Karen Emmons of the Dana-Farber Cancer Institute in Boston. (March 2000)

Insulin Increases Colon Cancer

High levels of blood insulin increase the risk of colon cancer³⁵. Dr. Rudolf Kaaks, of the International Agency for Research on Cancer, Lyon, France, fingers a Western high glycemic diet as the cause. It is down to us, the individual consumer, to look after our own health. Nobody else will do it for us. (December 2000)

Soy link to Cancer of Womb

Genistein, a soy antinutrient (see Soy Induced Disease, this page), induced womb cancer in mouse pups when given the same doses as those received by a human baby on soy formula milk³⁶. (July 2001)

Mega Vitamin C Damages DNA

Researcher Ian Blair's study³⁷ showed that Vitamin C megadoses damage DNA in ways that lead to cancer. He says that this might explain the failure of studies to show that vitamin C is protective against cancer. (September 2001)

Antibiotics/Breast Cancer Link

Over a 17-year period, women who took more than 25 antibiotic prescriptions had **DOUBLE** the risk of breast cancer according to researcher Christine Velicer³⁸. A healthy immune system relies on "good" colon flora feeding it. Velicer suggests that by killing off the flora, antibiotics undermine the immune system. (See Colon Briefing next month)

Cancer/Diet Quote

"Every cancer therapy should include nutritional consultation. If we don't, it is malpractice by omission." *Dr. Jeffrey Bland*

Osteoporosis

Q. *I am worried – where do growing children get their calcium?*

A. See how we have been brain-washed by the dairy industry? Calcium is present in varying proportions in just about everything we eat. There is absolutely no need to worry about not getting enough. Massive-boned beasts, like the ox, the elephant and the gorilla, build their skeletons entirely from plant food.

The way we eat today undermines bone-building³⁹. It provokes excess production of bone-dismantling hormones. Examples are vitamin D3, parathyroid hormone, prostaglandin E2, and interleukin-11.

Eat as nature intended and you and your children will have excellent bone health. For the curious, we treat this whole question fully in the Natural Eating book, page 145 -- and online at www.savvyeater.com

Soy Induced Disease

Lawyers are licking their lips at the prospect of suing food producers who use soy in their products. Soy was never proper human food and food suppliers have known for years that it makes humans sick. Now the Weston A. Price Foundation, a health lobby group, has gathered the solid scientific evidence that gives strong grounds for litigation. They lay these illnesses at soy's door:

Asthma, Chronic Fatigue, Depression, Diabetes, Heart Arrhythmia, Heart or Liver Disease, Infertility/Reproductive Problems, Irritable Bowel Syndrome, Learning Disabilities,

ADD/ADHD, Pancreatic Disorders, Premature or Delayed Puberty, Rheumatoid Arthritis, Thyroid Conditions: (Grave's Disease, Goiter, Hyper- and Hypo-thyroidism, Thyroid Nodules, Thyroid Cancer), Uterine Cancer (June 2004)

What is so wrong with soy? The answer lies with its content of NATURAL plant poisons known as antinutrients. Here is a run-down on some of those antinutrients and what they can do.

Allergens: Soy contains over 16 allergens of which at least three, Gly-m-Bd-68K, Gly-m-Bd-30K, Gly-m-Bd-28K, are classed as "severe"

Trypsin Inhibitors: block the absorption of proteins and can create protein deficiency. They attack and undermine the pancreas and can even lead to pancreatic cancer.

Hemagglutinin: causes abnormal clotting of red blood cells.

Goitrogens: depress thyroid function leading to goiter, fatigue and lethargy.

Isoflavones (including genistein and daidzein): interfere with fertility and reduce libido. They provoke harmful early first menstruation. Male fetuses poorly develop maleness later in life. They accelerate aging and Alzheimer's disease. Biochemistry is confused leading to liver and kidney disorders and breast cancer.

Phytates: block absorption of a host of micronutrients. They can create deficiencies of calcium, vitamin D, magnesium, molybdenum, copper, iron and zinc. (May 2000)

Index of Soy articles

Soy: "The Pill" for babies (May 2000)
Soy in perspective (June 2000)
Tofu for tumors (July 2001 to December 2001)
Dr Laura gets soy wrong (February 2002)
Soy makes prostate cancer (April 2002)
Soy allergy meddling (October 2002)
Soy formula makes peanut allergy (April 2003)
Soy bad for babies (August 2003)
Soy formula depresses baby's immune system (October 2003)
Soy zaps female sex drive (December 2003)
Soy zaps male fertility (January 2005)
Soy for infertility (July 2005)

Alzheimer's Disease

Over the years we have reported on lifestyle factors strongly linked to Alzheimer's disease.

- Deficiency of folate and vitamin B12⁴⁰. (June 2001).
- Deficiency of fruit antioxidants such as resveratrol, quercetin, catechins, and anthocyanins. (July 2000)

- Abnormal levels of the protein homocysteine due to a high starch diet⁴¹. (March 2002)
- Abnormally high blood sugar levels⁴² caused by a high glycemic diet. (March 2003)
- Diabetes -- high insulin levels⁴³. (July 2004)
- Deficiency of exercise⁴⁴. (October 2004)
- Consumption of soy and tofu⁴⁵.
- Deficiency of omega-3 oils⁴⁶. (Oct. 2004)

Moral? Alzheimer's risk goes away when you live like we say.

Companion Animals

Cats' Natural Eating Pattern

Q. I feed my cat on scraps from the table and commercial pet-foods. Do cats have a different naturally adapted eating pattern to us?

A. Yes! Cats are 'obligatory' carnivores. Their naturally adapted eating pattern is such that they get all their nutrients from animal matter. Cats do not have the full complement of enzymes like we do for extracting the nutrients from plant foods. They cannot handle the sugar surges of cereals. Cats cannot fabricate vitamin A from plant beta-carotene; they cannot make AA, DHA (see Babies Brainier, p. 2) or gamma linolenic acid like we can.

It is a common failing of cat dietaries to be deficient in them. Result? Arthritis, inflammation, hair loss,

flaking skin, and liver and kidney problems. No, for a healthy cat, you have to adopt a Feline Natural Eating pattern. Stick to all-animal cat-foods and let it catch the occasional mouse.

What People Say

Dr Rovena Kessinger

"Thank you so much. I've really enjoyed reading and re-reading your book. You have done a big service to everyone who will accept the message and give it a try.

"I run into people all the time that I know could benefit so much from Natural Eating. It is sad because they don't know the extent to which their diet is causing their problems. People in the medical profession are no better than the general public."

"I find your book fascinating and I try to get other people to see it that way. I recommended your book to several more people recently. I look forward to reading and learning more!"

End-Piece Chuckle

A Short History of Medicine

"I have an ear ache."

2000 B.C. - Here, eat this root.

1000 A.D. - That root is heathen, say this prayer.

1850 A.D. - That prayer is superstition, drink this potion.

1940 A.D. - That potion is snake oil, swallow this pill.

1985 A.D. - That pill is ineffective, take this antibiotic.

2000 A.D. - That antibiotic is artificial. Here, eat this root.

From Page 1

Food Politics

Junk Food Makes Unruly Kids

"Grades are up, truancy is no longer a problem, arguments are rare, and teachers are able to spend their time teaching." Principal LuAnn Coenen, has turned in some staggering figures since 1997. Drop-outs? Students expelled? Students discovered to be using drugs? Carrying weapons? Committing suicide? Every category has come up ZERO. Every year. (more: December 2002)

Immortal Genes

Europeans from Seven Women

Sykes studied "mitochondrial" DNA, which is passed down from mothers to children. In the words of renowned biologist Dr. Richard Dawkins, "Genes are the replicators and we are their survival machines. When we have served our purpose we are cast aside. But genes are denizens of geological time: genes are forever." (May 2000)

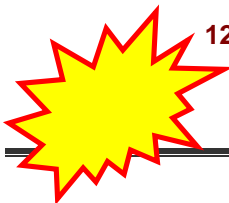
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