

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

**Question (1)** : Farming – Double Edged sword. **Human Heritage**: Female Attractiveness. **Question (2)**: Protein & Calcium Sources. **Thought**: Nature Designed us for Scarcity. **Tour Report**: Walter Stec Foundation. **Recipe**: Moroccan Carrot Salad. **Q&A**: Cancer-fighting Nutrients; Damaged DNA repair; Prostate Cancer, Milk and Soy; Olive Oil is not "Essential"; Milk Shake Substitute; Hungry for Health, Long Life; Serving Sizes Defined. **Terminology**. Jungle Lore: Bitterness (3). **Fascinating and Important**: Colon (3). **Human Heritage**: Origins of Warfare (2). **Food Politics**: USDA Whistleblower (2). **Food for Thought**: Do as I say, not do as I do. **Testimony**: A lifetime of progress. **Tail-end Chuckle**. **Events**.

**Question of Month (1)****Farming: Double-edged Sword**

**Q.** *Is one of the pressures for the development of farming the complete population of the globe?*

**A.** Yes. For the hundreds of thousands of years of human history, humans did not farm. They multiplied and finally filled up the world by about 13,000 years ago. Within 2,000 years people began to farm for the first time. The groups in Kurdistan of the "Fertile Crescent" were the first. In every case, people only resorted to farming when they just had too many mouths to feed with a conventional hunter-gatherer lifestyle. Indeed, the very early farmers often returned to hunter-gathering for several generations if, for some reason, the population pressure was relieved.

For quite long periods groups of farmers lived alongside the hunter-gatherers. Recent examples were the San Bushmen of the Kalahari and the Australian Aboriginal. These peoples were perfectly aware of the techniques of farming and decided that it was not for them. Hunter-gatherers all over the globe took similar decisions. However, as farmers became more numerous there was no turning back; a return to hunter-gathering was no longer an option. However, the treadmill of farming had an unexpected result which gave farmers the edge over hunter-gatherers – it released resources that enabled them to advance technologically. **Cont. p 4**

**Human Heritage****Female Attractiveness**

These are the computer-generated composite faces of 10 women with highest and lowest levels of estrogen - which do you find more attractive? (Answer on page 4.)

Feminine beauty can be predicted by something as basic as hormones – in women, but not men. Dr Miriam Law Smith at the University of St Andrews UK, found that women's facial attractiveness is directly related to their estrogen levels<sup>1</sup>.

Ms Law Smith said: "Women are effectively advertising their general fertility with their faces. Our findings could explain why men universally seem to prefer feminine women's faces. In evolutionary terms, it makes sense for men to favor feminine fertile women. Those that did would have had more babies."

"There was a very strong and direct correlation between the level of each woman's estrogen and how attractive, healthy and feminine they were found to be, showing that fertility is related to attractiveness." The faces considered most healthy and feminine were also deemed the most attractive.

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**Question of Month (1)****Protein and Calcium Sources**

**Q.** *What are the best sources of protein and calcium for someone on your program?*

**A.** It just goes to show how much food industry propaganda has terrorized us that this question comes up at regular intervals. We sometimes ask in reply: "How do (or did) beasts like 400-lb gorillas, 1-ton oxen, 1-ton Shire horses, 8-ton elephants and, for that matter, 30-ton brontosaurus build their heavily-muscled, massively-boned, low-fat bodies?"

The answer of course is this: they ate a diet composed entirely of plant food. All the protein and calcium they needed was right there in the plants they ate. Today we call that a non-bean, non-starchy, vegan diet.

Now humans are not gorillas and we are not especially designed to be vegans. But it puts paid to the myth that we have to specially seek out "calcium rich" and "protein-rich" foods.

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**Thought for the Month****Nature designed us for Scarcity**

"When you hunt animals, you might succeed or you might not. But when you open the fridge door, you will succeed 100% of the time."

**Speaking Tour Report****Walter T Stec Foundation**

Keynote speech, cookery workshop with a gourmet chef, class with high school students – these were some of the highlights of the mission arranged by the foundation. **Cont. p 4**

## Recipes

*This is a good standby, rich in wonderful nutrients. The mint and cumin give it the typical Moroccan flavor.*

### Moroccan Carrot Salad



#### Ingredients

- 1 lb. (450g) carrots, organic, peeled and grated.
- 2 cups parsley, chopped, fresh
- 2 cups mint, fresh, chopped.
- 6 cloves garlic
- 1 tsp. (or to taste) cumin, ground.
- Salt (moderate); freshly ground black pepper (to taste)
- 1/3 cup (2½ fl oz, 80ml) Canola oil, organic, first pressing.
- ¼ cup (2 fl oz, 60ml) lemon juice, preferably freshly squeezed.
- 1 dash Tabasco Sauce (optional)

#### Comment:

The quantities of herbs are quite high and they are rich in wondrous micronutrients. Experiment with different quantities of herbs to suit your taste. Fresh parsley and mint are best, but if not then use dried ones. You need only a quarter of the fresh volume. In contrast, fresh garlic is more potent than ready-to-use preparations.

Stir the ingredients together in a bowl. This salad tastes best when prepared an hour ahead of time and set out at room temperature to develop full flavor. It keeps up to 5 days in the refrigerator.

## Questions

### Cancer-fighting Nutrients

**Q.** *How can we break the coating around the cancer cells with natural compounds like enzymes? Do AHCC (Active Hexose Correlated Compound), broccoli sprouts, phytonutrients, glyconutrients help conquer cancer?*

**A.** All the items you mention do indeed contain compounds that are essential fuel for human biochemistry. However, we make the point as forcibly as possible: do not suffer the illusion that they are effective in isolation, especially if other poor eating habits remain unchanged. It is like putting diesel oil in the tank and then trying to make the engine run properly by putting in expensive additives.

That is why we insist that cancer fighting depends on changing the way of life, notably nutrition. That is why Natural Eating has to be undertaken as a complete package. In the matter of cancer fighting, it is all or nothing.

### Damaged DNA Repair

**Q.** *How can we repair damaged DNA with natural foods?*

**A.** The body has a number of processes for dealing with damaged DNA. The strands of DNA have repair mechanisms crawling over them patching up faulty sequences. If some DNA is unrepairable, then the cell itself is programmed to self-destruct. At least it does if everything is working normally. Cancerous cells manage to avoid self-destruction and then other elements of the immune system have to deal with them.

The human body has remarkable powers of self-repair. The message is the same as in the previous item: give the body the tools to do the job, eat naturally, and that will give you the best chance of recovery.

### Prostate Cancer, Milk and Soy

**Q.** *I am 57, healthy, and a lifelong exerciser. I was recently diagnosed with prostate cancer, and will have surgery soon. I am excited to have found your eating program and will implement it right away. I have stopped consuming milk but I am confused about various claims about soy. Is it helpful or harmful?*

**A.** Follow the money. Scientists and health professionals are challenging the soy industry's propaganda machine. Hence the confusion you see is the smoke of battle. The soy industry, tries to make a virtue out of soy's handicap: its high content of

plant poisons. They use junk science akin to saying: "Eat deadly nightshade because it contains vitamin C"!

So our position is: avoid soy in all circumstances. There is a link to a full article on soy -- and its drawbacks -- on our site [www.naturaleater.com](http://www.naturaleater.com).

It is good that you have cut out milk: consumption is strongly linked to prostate cancer. As we reported in August 2000, men who consumed more than 2 servings of dairy food daily are 70% more likely to develop prostate cancer than those who ate none. Doctors who consumed 6 glasses a week of skimmed milk were 32 % more likely to get prostate cancer than those who drank fewer than 2 glasses of milk per week<sup>2</sup>.

### Olive Oil is not "Essential"

**Q.** *In your book, chapter 10, you call olive oil "neutral". Does this mean that it is equally balanced in the Omega 3 and 6's? Or is there a different interpretation of "balanced" or "neutral"?*

**A.** Olive oil is "neutral" in the sense that it is neither harmful nor helpful. It is neither a useful source of essential fatty acids, nor does it contain harmful fats. It certainly is not an oil where omega-6 and omega-3 are in "balance". In fact, olive oil contains 10% omega-6 oil compared to only 0.8% omega-3 so, if anything, it contributes to omega-6 imbalances.

### "Milk" Shake Substitute?

**Q.** *Occasionally I need a protein drink as a filler or I might otherwise eat something nasty. So I use a good quality protein whey concentrate, add ½ rice milk & ½ water as the liquid to 100% cocoa powder and some fructose and shake it up. Comments?*

**A.** First of all let's focus on the good points: water, 100% cocoa powder, and fructose are conforming ingredients – so fine. As purists we wince at the use of rice milk (especially if it is sweetened), but in the wider scheme of things it is probably not a big deal.

However "our gorge rises" at the use of whey. It is a milk by-product and contains the very substances that we need to avoid. Most notably it contains the highly allergenic lactose,

and the protein lactalbumin which is a powerful cholesterol raiser and also highly allergenic. Sorry – but whey is definitely a no-no. As a substitute you might try creaming up almonds in a blender. If any reader has any suggestions we would be pleased to hear ([info@naturaleater.com](mailto:info@naturaleater.com)).

### Hungry for Health, Long Life

**Q.** *What is your view of calorie restriction as a vehicle to health?*

**A.** Great. Our ancient ancestors lived their entire lives being either slightly hungry or quite hungry. Seemingly this is how our bodies work at their most efficiently. Many studies show that calorie restriction has a powerful effect on extending lifespan<sup>3</sup> and fighting cancer. One grisly statistic finds that there are no cancer cases in a concentration camp.

### Serving Sizes Defined

**Q.** *In your Natural Eating Pyramid (last newsletter) what are the serving sizes?*

**A.** We worked on the USDA definitions, which are nevertheless considered to be difficult to use. Briefly they are as follows:

Vegetables:	1 cup raw, leafy ½ cup cooked 6 oz juice
Fruits:	1 medium fruit ½ cup fresh or frozen
Poultry, Fish:	3 oz (85g)
Eggs;	2 count
Nuts:	1/3 cup, 1½ oz, 43g

Find more on the USDA website:  
<http://www.mypyramid.gov/>

### Terminology

*Some readers have asked for explanations of some unfamiliar terms in our book Natural Eating. We repeat them here together with the definitions.*

- 1. Cob:** cob nut is also known as hazel nut, or filbert.
- 2. Yeast extract:** typical examples are Marmite and Vegemite.
- 3. Vegetable marrow:** also known as summer squash. Found more frequently in UK than USA.
- 4. Marrowfat peas:** They are a variety that is most often found dried (like a bean). Don't worry if you don't find them – they are not great anyway!

**5. Accelerated Freeze Dried (AFD):** A process whereby vegetables are dried out and then reconstituted with boiling water. Common examples are in packet soups.

### Jungle Lore

#### Bitterness is not all Bad (3)

by Dr. Gunter Noll  
[xanadu.guenoe@kabsi.at](mailto:xanadu.guenoe@kabsi.at)

*Dr. Günter Nöll is an authority on the use of wild plants as food. Bitterness is usually a poison signal. However, in September he explained two classes of bitter substances, which are health-giving. Now Dr. Noll finishes by describing a third class of "Strong" bitter substances, called Amara acria.*

"You find them in ginger, galangal (similar to ginger) and pepper. These substances get the circulation going. So ginger, for example, helps you feel warm. In summary, bitter constituents have a Janus face: some of them can kill you, but quite a lot of them have very positive health effects. Our early ancestors were familiar with them and ate them daily. Therefore one could even say: our body is dependant on them. Cheers with a good bitter!"

### Fascinating and Important

#### Healthy Colon Briefing (3)

*In September we looked at how our colons, if they are functioning correctly, contain friendly bacteria which strengthen our immune system and provide important nutrients. Here we continue with the role of soluble "viscous" fiber.*

The viscous fiber locks up some harmful compounds and evacuates them. An example: "estrogen iso-flavonoids" are chemicals in plants that behave like the female hormone estrogen. They are found in some plants such as soy. It is not always such a good thing. "Phytoestrogens" (as they are also known) are linked to lung and breast cancer. However, in a high fiber diet, these harmful phytoestrogens are safely ushered outside the body in the feces.

Other foods, like hot peppers, cause the lining of the intestine to become more porous, a condition known as 'leaky gut syndrome'. It does not take

much. The gut wall is as thin as tissue paper. That is all that separates the sludge in your gut from your nice clean blood circulation. Even under good conditions there are *always* some bacteria that pass through into the blood. For example, primitive herders (and for that matter Wild West ranchers) knew to starve a beast for 24 hours before slaughter. That way there are fewer bacteria generalized throughout the carcass which means that the meat keeps longer.

**Next month:** *More ways in which we damage our colons.*

### Human Heritage

#### Origins of Warfare (2)

*In September we explained how murderous violence is universal in hunter-gatherer societies...*

The American anthropologist W Lloyd Warner lived amongst the Aborigines of Arnhem Land, Australia from 1909 to 1929. He estimated<sup>4</sup> that some 200 men died in tribal conflicts during that period. The total population was only 3,000 so this is a colossal rate of casualties. The Australian historian Geoffrey Blainey points out<sup>5</sup> that the Aboriginal death rate (using Stone Age weapons) was six times the battlefield death rate sustained by the USA during World War II.

**Next month:** What it's all for

### Food Politics

#### USDA Whistleblower on the Food Guide Pyramid (2)

*Dr Luise Light was team leader in charge of designing the new USDA pyramid. She resigned her position in protest in the way politicians debauched her team's recommendations. We continue her criticisms:*

"The Guidelines include meaningless – even deceptive – recommendations like: "Choose carbohydrates wisely for good health" (is a breakfast cereal that's 38 percent sugar a "wise" choice?) and "Choose fats wisely for good health" (are fast food French fries cooked in artery-clogging, partially hydrogenated vegetable oil, a powerful promoter of heart disease, a "wise" choice?). Further, in an apparent attempt to make no foods

off-limits, the Guidelines give the nod to “discretionary calories” from added sugars and fats, once basic nutritional needs have been met.

These statements, which will form the basis of all national food and nutrition policy (including all of the U.S. school meal programs), protect every interest group in the food industry by basically setting no limits on any type or amount of fat and carbohydrate consumed. And all of this with the directive to “control calorie intake to manage body weight.” Say what?”

**Our View?** The gloves are off. Dr. Light highlights<sup>6</sup> the shocking reality of a government bowing to industry interests and playing a key role in the obesity epidemic that now plagues the United States.

### Food for Thought

#### “Do as I say, not do as I do”

“It is surprising how many fat, pimply, patients have to listen to fat, pimply, health professionals sermonizing about their lifestyle.” (Geoff Bond)

### Testimony

#### A Lifetime of Progress

“...your book was a delightful surprise and I have enjoyed reading it. I've taken steps to further conform my diet to the Natural Eating principles. It just makes sense! It is not difficult for me as I have been moving to this level for 20 years. I began to notice that there were too many stories about poisonous meat and poultry. I stopped eating meat and felt better. Added more vegetables and fruit and felt better. Met a man who was vegan and interested in raw foods so I experimented with it and felt better. Reduced

dairy and salt and breads and felt better...” (Louise Coulter)

### From Page 1

#### Question of Month (1)

##### Farming

This left hunter-gatherers vulnerable to farmers' superior numbers and to their more murderous weapons. The story of recent human migrations is one of farmers gradually expanding out of their homelands to compete with, and mostly kill off, the local hunter-gatherers. In this way, black Africa filled up with Bantu farmers from West Africa; the Han (Chinese) people spread south and west from a small region around Peking to the region we know today as China (see Newsletter November 2005) a process they are continuing with Tibet; and Caucasian farmers spread out of an area near the Caspian sea to fill up all Europe. In each case the invading farmers drove the indigenous hunter-gatherers either to the margins or to extinction. We saw this in recent history when European farmers expanded into the Americas and drove the indigenous hunter-gatherers (like the Sioux, Apache and Cherokee) close to extinction.

### Human Heritage

#### Female Attractiveness

**Image answers:** The panel rated the left-hand woman as being more attractive – and tests revealed that she had the highest estrogen levels; the right hand woman had the lowest.

#### Question of Month (2)

##### Protein and Calcium Sources

As it happens, humans are designed to eat protein-rich food modestly – Natural Eating examples are eggs, nuts, poultry, seafood and wild game. Indeed we have to be careful not to overconsume them and acidify our bodies. That is why we say make plant food at least 75% of what we

eat. Don't forget how the vegan beasts above show us that plant food contains protein too – broccoli has 3%. A head of broccoli has the same amount of protein as an egg.

### Speaking Tour Report

#### Walter T Stec Foundation

Dr. Rita Stec, prime mover of the enterprise, was tireless in promoting the virtues of living the way nature intended. Chef Russ Olden offered his banqueting kitchen to show participants, with great enthusiasm, how to prepare conforming Natural Eating dishes. Some were his own ideas, others he took from Nicole's cookbook. An attentive audience heard Geoff's talk at the flagship seminar. He also talked to a class of intrigued<sup>12<sup>th</sup></sup> graders at Palm Desert High School.

The Stec Foundations' goal is to bring sound health information to the general public.

### Tail-End Chuckle

“I used to eat a lot of natural foods until I learned that most people die of natural causes.”

### Upcoming Private Events

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

### Upcoming Community Event

**Geoff Bond** gives an illustrated talk to Friends and Cancer Survivors:

**Fear not Cancer: Revolutionary Insights for Avoidance and Recovery.**

Date: February 3<sup>rd</sup> 2006.

Time: 6:30 p.m.

Olympus Hotel, Paphos, Cyprus.

Information: Nicole 99 43 73 28 and:

[info@naturaleater.com](mailto:info@naturaleater.com)

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