

NATURAL EATING NATURAL EATING NATURAL EATING

The Science and Art of feeding ourselves the way Nature intended

The Science of the feeding pattern that is right for the human species;
The Art of applying this knowledge in today's world

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Emulating the Savanna Model

Road-Kill Recycled

Arthur Boyt of Cornwall, UK, is a dog-lover. He is particularly partial to them diced and boiled for an hour in a pressure cooker. "Labrador is rather special," he says, smacking his lips. "It has a pleasant taste and flavor that is a bit like lamb. It turns people off when I say that Labrador is my favorite thing to eat but the point is, I would never kill an animal."

Mr. Boyt enjoys a rather unusual past-time: he is a roadkill chef. "I don't believe in waste," he says. "I'm a 'freegan'. I try to eat all my meals for free. Cat though is a bit bland and not my favorite."

His specialities, include casseroles featuring foxes, Canada geese, barn owls, hedgehogs, badgers, voles, squirrels, rats, blackbirds, cats and dogs. One lucky day he found a swan. "Tasted like mud," he says.

Roadkill Cookbook

Mr. Boyt is writing a roadkill cookbook. "Everything I eat is natural, wild and fully organic. By writing a book I hope to show people that it's perfectly normal and healthy." He has been approached by Gordon Ramsay's cookery TV program "The F-Word", to cook one of his remarkable dishes later this year.

Our View? Mr. Boyt's hobby is not for the faint-hearted. Nevertheless, he does show the way in one thing: just like our ancient ancestors, he is consuming a wide variety of small game. All of it is conforming "animal matter" by our lights.

In other words, better the hedgehog hotpot than a bacon butty.

Ignoring the Savanna Model

Killed by Bread and Fries

20-year-old Scott Martin of Sunderland, UK, would eat only white buttered toast, McDonald's fries, and occasional baked beans.

He hated foreign food and refused to eat fruit and vegetables. A dietician plied him with special nutritional supplement drinks, but he did not like them.

His dreadful diet damaged him so badly he developed cirrhosis of the liver – a condition more commonly seen in hardened drinkers. He also developed auto-immune hepatitis, which thinned his blood and prevented his body healing properly.

He deteriorated so rapidly that when some teeth needed to be removed, doctors said he could bleed to death – but if they did not operate, he could die from the infection.

Scott's teeth were indeed removed but he never recovered and his family watched as he bled to death on Christmas Eve, 2005.

See Editorial Page 3

Anthropological Chuckle

"I don't think I'll get married again. I'll just find a woman I don't like and give her a house."

Lewis Grizzard, American Humorist.

In his new book, Geoff Bond explores the mismatch between modern society and our savanna-bred natures. This chuckle amuses us by carrying the logic of modern social arrangements to its absurd conclusion.



Evolutionary Weaning

Conventional Advice is Flawed

How to start babies on solid food has rarely been studied. Even the federal government has given it little attention; dietary guidelines apply only to children of 2-years and older.

Nancy Butte, a pediatrics professor at Baylor College of Medicine, found that many strongly held assumptions have little scientific basis. Take rice cereal, for example. **Cont: p. 4.**

Success Stories

PMS Migraine Gone

"I used to suffer terrible premenstrual migraines until I heard from you about getting omega-3/omega-6 consumption in balance. Now I don't suffer anymore!" Joanne Georgiades, London, UK

See also: Menstrual Cramps, p. 2

Thought you might be Interested

Magnetic Bracelets don't Work

Patients should be advised that studies could find no proven benefits for magnet therapy, say US researchers Professors Leonard Finegold and Bruce Flamm in the prestigious British Medical Journal¹.

"Extraordinary claims demand extraordinary evidence. If patients insist on using a magnetic device advise them to buy the cheapest - this will at least alleviate the pain in their wallet", they observe dryly.

Odd but True

Farmed Fish Deplete Wild Stocks

It might be thought that, by farming fish, it safeguards stocks of fish in the wild. However farmed fish (such as salmon and trout) still need to be fed on other fish. It takes 3 lb of wild fish to grow 1 lb of farmed salmon².

Recipes

Banana Pancake

YYYY

Serves 4

Ingredients:

- 3 eggs, high omega 3, free range
- 2 oz (55 g) chopped nuts
- 3 bananas, ripe
- 2 oz (55 g) raisins
- 2 teasp. fructose, or to taste
- 1 teasp. ground cinnamon
- 1 teasp. vanilla extract
- 1 teasp. lemon juice
- 1 TB (60 ml) olive oil
- 1 TB Rum, dark and flavorful

Method:

In a small bowl soak the raisins in hot water for about 10 minutes. Drain the raisins, add the rum and mix well. Set aside.

Meanwhile mash the bananas with a fork and mix in the lemon juice and 1 teasp. of fructose.

Meanwhile beat the eggs with the remaining fructose, the cinnamon, the vanilla extract and olive oil.

Add the chopped nuts and the raisins.

Fill an oiled 10" (25 cm) diameter round and flat microwave-safe dish with the mixture in a thin layer, such that the finished article will be pancake-like.

Cook in the microwave for approx. 5 minutes, or until cooked

Comment:

This makes a sweet pancake-style dessert. Depending on the sweetness of the bananas, you can reduce the fructose content. The use of ripe banana does mean that it has quite a high sugar content. For this reason, just treat the dish as a sweetmeat and eat sparingly.

The banana, being cooked, means that this dessert should not give a digestive difficulty.

Questions

Urine Color

Q. *Since eating massive amounts of fruit, salads and vegetation, I find my urine to be almost clear in color and wonder if this is normal for good health. When I was recently overseas for a month and eating relatively poorly, it went back to the usual darker yellow.*

A. You are an excellent living proof of what we say. Your high consumption of vegetation is providing you with large volumes of water.

As we observed in the October 2005 Newsletter, 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 eat³. (This is an extreme and we do not recommend trying it!)

So the high vegetation intake is one side of the equation making your urine copious and dilute. If you were to test its acidity you might well find that it is actually alkaline – which is good.

When you went back to the “conventional” diet two things happened. First, your intake of water was lower making your urine more concentrated.

Secondly your intake of proteins was higher and probably excessive. When excess protein is broken down it produces the bright yellow pigment called “urochrome”. Had you tested your urine it would almost certainly have been acidic – which is not so good.

So, to answer your question, your clear and copious urine is a sign that you are not only living healthily, it is how nature intended.

Acne and Lifestyle

Q. *Will Natural Eating help with acne problems?*

A. Remarkably, no serious studies have attempted to measure the effect of lifestyle on acne. We have to rely on circumstantial evidence.

On the one hand we know that primal peoples living their traditional lifestyle, are much less likely to suffer acne⁴ – it is not a natural thing to happen.

On the other hand we know that the factors that lead to acne -- such as

excess sebum production -- are under the influence of hormones.

Some of these are well established. High insulin levels disturb many hormone functions, including sebum production⁵. In other words, the first thing to do is avoid a high glycemic diet. (Natural Eating Book page 73)

Other major disturbances to our hormones are caused by fatty acid imbalances. In particular saturated fats and excess omega-6. The second thing to do is consume a “conforming” profile of fats and oils (Natural Eating Book, page 79)

It is likely, too, that the immune system plays a role. Feeding it with a copious supply of plant micronutrients ensures that it is functioning healthily. (Natural Eating Book, page 133)

Finally many other lifestyle factors are important. Notably, gaining the right kind of exposure to sunshine (July 2005 Newsletter). That way, another important hormone, the “sunshine vitamin”, vitamin D is produced in the right profile and the right quantities.

Finally, the anecdotal evidence. Many of our clients have got acne under control once they got on the program.

Don't expect instant results. It takes time to retrain hormone secretions to return their natural state.

Food/Ailment Connection

Menstrual Cramps and Pain

Both muscle constriction and pain sensitivity are increased or decreased by the hormones called “prostaglandins”.

These are the famous products of essential fatty acids. Omega-6 turns up the dial on cramps and pain; omega-3 turns it down.

A double blind, placebo controlled study⁶ in Denmark, tested what happened when women had their omega-3 fish oil consumption increased. They had a stunning reduction in menstrual cramp and pain when their omega-6 to omega-3 ratio was equalized.

Moral? Follow the essential fatty acid guidelines in the Natural Eating book, page 79 -- cut down on the omega 6 foods and boost the omega-3 foods.

Fascinating and Important

Healthy Colon Briefing (6)

Extracted from Geoff Bond's forthcoming book to be published later this year.

This month we learn from the San Bushman and fossilized feces.

The human gut clearly needs a plentiful supply of plant food to operate healthily. The San were observed to consume a very high fiber diet: their plant matter was naturally very fibrous. It was enough to give them distended bellies although exact measurements were not made.

Nevertheless confirmation comes from a remarkable source: fossilized excrement, known as "coprolite". It occurs at various sites around the world and is a rich source of information.

Michael Kliks, a specialist in intestinal health, has studied ancient coprolites. He reports⁷ that, 11,000 years ago, human populations took in impressive amounts of plant fiber – some 130 grams per day.

Fiber Deficit

In contrast, the average American only consumes one tenth of that: 13 grams per day. This is way below even the modest target set by various authorities of around 30g/day.

As a guide, most of today's salads, vegetables and fruits contain around 9 grams fiber per lb, and nuts around 36 grams per lb.

Thus, one way to absorb about 30 grams of soluble fiber is to consume, for example, each day: 1 lb salad (9 grams fiber); plus 1 lb vegetables (9 grams fiber); plus ½ lb of fruit (4 grams fiber) plus 4 oz of nuts (9 grams fiber). This makes a total of some 31 grams.

This simple calculation shows just how serious we have to be about consuming large quantities of salads and vegetables plus some fruit and nuts (for example).

Next Month: *The harmful role of methane-making bacteria and starches and sugars.*

Mind-Body Connection

Hunger helps Mental Agility

Necessity is the Mother of Invention

Dr. Sabrina Davio and colleagues of Yale Medical School discover that the hunger hormone, ghrelin, im-

proves memory and learning by 30 to 40 percent⁸.

"Feel Hungry" Hormone

We first talked about ghrelin in our March 2005 newsletter. Ghrelin is released by the stomach when it is empty. It triggers feelings of hunger by stimulating the hypothalamus – a part of the brain that controls appetite and metabolism.

Co-worker Tamas Harvath speculates that this makes evolutionary sense. If a creature [animal or human] is hungry it needs extra brainpower and ingenuity to find that vital next meal: "perhaps the cognitive brain is a side-effect of hunger".

Our View? We have no idea if Harvath's speculation will stand up to serious study. But it does raise the question, should we now send our children to school without breakfast?

We all know how hard it is to concentrate if our head is spinning from hunger – there is even a word for it "inanition".

In contrast, we are familiar with the soporific state brought on by eating a heavy meal – and the mid-morning slump induced by a high glycemic breakfast.

We suspect that the answer lies in feeling slightly hungry – and avoid glycemic meals; eat frugally – just like our ancient ancestors.

Food/Disease Connection

Low Calories Keep Heart Young

A very low calorie diet can help the heart age more slowly, according to researchers who released what they call the first-ever human study on the subject⁹.

The study looked at the heart function of 25 members of the Caloric Restriction Society, ages 41 to 64, who consume 1,400 to 2,000 nutritionally balanced calories per day. They were compared to 25 people who eat a typical Western diet, consuming 2,000 to 3,000 daily calories on average.

The result: Those limiting caloric intake had the heart functions of much younger people -- typically about 15 years younger than their age. Ultrasound exams showed group members had hearts that appeared more elastic than most people their age; their hearts were also

able to relax between beats in a way similar to hearts in younger people.

Our View? It is an uncomfortable conclusion. We all need to feel slightly hungry for optimum health – just like the San Bushman, just like any forager lifestyle.

Plump Pregnant Mums can Doom their Baby to a Life of Fatness

Guidelines issued by the US Institute of Medicine (IOM) in 1990 suggest that a "normal" woman should gain between 11.5 and 16 kilograms, including the weight of the fetus.

However, these guidelines are flawed. According to two new studies¹⁰, overeating by expectant mothers is an important but overlooked factor in the relentless expansion of the nation's waistlines.

The study group of 770 pregnant women from Massachusetts was classed into those who gained "inadequate", "adequate" and "excessive" amounts of weight according to the IOM guidelines.

"Inadequate" Weight-gain Best

In both of the last two groups, children were on average already overweight by the age of 3. "Only the 'inadequate' group gives a result that is where you want to be," says study author Dr. Mathew Gillman.

Our View? No wonder America has a growing weight problem. Many of its children are being condemned to a life of obesity while still in the womb.

Observations of forager women suggest that they do not put on any extra body fat during pregnancy. In fact they lose fat reserves from the buttocks. Seemingly these are lessons for modern women too.

Editorial

Our Scott Martin Dilemma

Death by Toast and Fries, page 1

Scott's condition is an extreme case of the dilemma we all face. We are now living in a deranged food environment where taste is divorced from nutritional value.

Just like a powerful drug, food is now designed to push the pleasure buttons in our brains without feeding us at all. In fact it can kill us.

Invisible Fences: We have no ready answers. Our naturally

adapted lifestyle was surrounded by invisible fences. Food was hard to get, sugar was unavailable, grains and potato did not exist.

Rationing

Perhaps we need to re-erect some fences – by making overdosing on some foods very difficult – just like we make it difficult to access restricted drugs. In the extreme case, introduce food rationing, just like during WWII.

Gene Pool

Or we can just let nature take its course. Scott appears to have had an addict's genetic make-up. It made it impossible for him to live safely in today's supermarket jungle. Scott had no children, so his addict genes have not been passed on to future generations. Non-addictive genes, better at surviving the modern food supply, are more likely to proliferate.

Attrition

However, the most likely way forward is by "salami slicing". This is the technique of nibbling away at a problem that is impossible to solve in one fell swoop.

Pressure from various health lobbies will, bit by bit, put controls on advertising, cultural acceptability and the availability of unsuitable foods.

Human Heritage

Origins of Warfare (5)

Extracted from Geoff Bond's forthcoming book to come out later in the year.

Last month ended: "We are all descended, on average, from males who were better-than-average murderous warriors..."

A second consequence of all this early male death is highly important yet little remarked: adult males were in a minority. Females sometimes outnumbered them by two to one.

Most men had at least one "wife" and many had two or more. There was competition amongst women to "get a man". (We will see later why this might be important for a woman.)

Warfare, then, was a grisly way for males to get rid of some of the competition. Genes sitting in males who promoted warfare *and* who were successful warriors, spread throughout the population.

As we saw earlier, chimpanzees, just like forager humans, lose some 30% of their males in battle. The ones left standing are not only exhilarated by their exploits, they enthusiastically abduct the women of the defeated males.

What its All For

So there we have it: The anthropologist Richard Wrangham notes that male conflict might appear on the surface to have all kinds of triggers: jealousy, revenge, pride, status, self-aggrandizement and many more.

However these are just means to a much deeper end – getting genes into the next generation. Wrangham wryly observes that, ultimately, all warfare is about access to fertile women¹¹.

From Page 1

Evolutionary Weaning

Conventional Advice is Flawed

Under conventional American wisdom, rice cereal is the best first food.

But Butte says iron-rich meat -- often one of the last foods American parents introduce -- is a better choice.

Grains Worst for Weaning

Dr. David Ludwig of Children's Hospital Boston, a specialist in pediatric nutrition, says some studies suggest rice and other highly processed grain cereals actually could be among the worst foods for infants.

"These foods are no different from adding sugar to formula. They digest very rapidly in the body into sugar, raising blood sugar and insulin levels and could contribute to later health problems, including obesity".

Our View? Right on! For 99.5% of human evolutionary history, mothers weaned their babies on the same foods that the adults ate. High glycemic cereals, potato or rice flour simply did not exist.

On the other hand, easily chewed animal matter like caterpillars and shellfish were readily available. Warring Fijians (Origins of Warfare, this page) would lop off the ears of their unfortunate captives and give them to babies to teethe on.

We do not suggest such extreme measures! Just cut out the glycemic foods; include fish, poultry and plenty of colored vegetation.

More information: Natural Eating Book, "Babies and Toddlers", page 105.

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 for more details.

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