

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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Food Policy: Guidelines: Cut Back on Soda. **Human Heritage:** Blondes got the Blokes; Family Meals Beat Obesity. **Lifestyle/Disease Links:** Doomed in the Womb – low sunshine, low bone health; Bully Victims – Brain Changes. **Breaking News:** Book Manuscript Finished. **Recipe:** Nicole's Pizza. **Q&A:** Carrot Glycemic Index; The Yogurt Deception; Labels – and Nuts in Chocolate; What is a Stitch?; Creatine and Shriveled Leg. **Letters:** Party Favors; Rapeseed Unjustly Vilified. **Fascinating and Important:** Healthy Colon Briefing (6). **Hints and Tips:** Eggplant Dip. **Human Heritage:** Why Women Needed a Man. **Events.**

Food Policy

Guidelines: Cut Back on Soda

In our newsletters May to July 2005 we castigated the USDA's latest Dietary Guidelines for Americans. They contain a farrago of gross and misleading recommendations. In addition there was one food group that was notable for its absence: beverages. We can guess why – it would have meant confronting the soft drink industry head on.

Dr Barry Popkin and his team at the University of Carolina have gone where the USDA feared to tread. He reviewed all the liquid refreshments consumed by Americans, considering two criteria: calorie content and nutritional value.

In a study¹ published in the prestigious American Journal of Clinical Nutrition, the authors do not hesitate to come up with some forthright recommendations.

- Cut right down on sugary sodas, sports drinks, fruit juices, fruit smoothies and, yes, full fat milk.
- Go easy on beer, wine, skimmed milk, soy milk and diet sodas.
- Focus on plain water, and also unsugared tea and coffee.

Predictably, Dr. Popkin's panel has created a furore in the soft drinks, fruit juice and dairy industries. However, quietly many nutritionists are applauding his courage. Brewers and vintners are happy that their products are not demonized.

Our view will not surprise our readers either. Broadly we welcome Dr. Popkin's approach – but we would go further.

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Human Heritage

Blondes got the Blokes

Until the height of the Ice Age about 11,000 years ago, every human on the planet had dark hair and brown eyes.

Then, in north Europe, a baby came into the world with blond hair and blue eyes. Thus was born the genetic mutation code-named MC1R.

Why did it spread? In a new study², anthropologist Peter Frost, argues that in the dangerous and harsh northern climate, males had high hunting fatalities and so were in a small minority.

With so much competition among women to find a mate, nature and evolution combined to give some women a distinctive look to attract the opposite sex. Frost concludes that men fell for their charms, thus populating the area with blond haired and blue-eyed children.

Our view? In our series on Origins of Warfare, men everywhere on the planet have ALWAYS been in a minority. Women have always had to compete for a mate. Why they would bother is an interesting question, which we start to answer on page 4.

Family Meals Beat Obesity

When mom insists on a family meal, her children are 30% less likely to be fat³. No one knows why. We observe that the comfort of food sharing -- and eating together -- have been an essential feature of human existence since the dawn of time. It must have become part of our psyche, essential to feelings of well being.



Lifestyle/Disease Connection

Doomed in the Womb?

Low levels of Sunshine in Pregnancy Predicts Weaker Bones in Kids

A study in The Lancet reports⁴ that children born to mothers with insufficient vitamin D during pregnancy had weaker bones when they were 9 years old.

The main source of vitamin D is sunlight, and most people don't get enough of it. "A lot of people in the United States are vitamin D-deficient in these days of sunscreen," says Dr. Loren Greene, of the Bone Density Unit at New York University.

Our readers will be familiar with the old refrain. Sunshine is essential human food, for both body and psyche. Just be sensible and avoid burning.

Bully Victims -- Brain Changes

In studies⁵ on mice, Dr. Eric Nestler of the University of Texas Medical Center found that bullying switches on a gene in the victim's brain. It produces a substance called BDNF which plays an unsuspected role in chronic anxiety and social withdrawal. The gene stayed switched on for the length of the study, even though the bullying had stopped four weeks earlier. **Continued: page 4**

Breaking News

Book Manuscript Finished

Geoff Bond shipped the last chapter of his book to the editor, John Anderson in San Francisco, a couple of weeks ago.

There will be some weeks of review before the final text is agreed and approved. We are still on track for publication by Square One Publishers towards the end of the year.

Recipes

Nicole's Pizza

YYYYY

Serves 4

Ingredients:

SAUCE:

- 1 small tin tomatoes, chopped
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- herbs of Provence
- salt and pepper to taste

DOUGH:

- 2 eggs
- 3 T. (45 ml) olive oil
- $\frac{1}{2}$ teasp. garlic powder
- $\frac{1}{4}$ teasp. salt
- 5 oz (145 g) almond powder (or more depending on the size of the eggs)

Method:

- Sauté the onion until golden brown.
- Stir in the garlic.
- Add the tomatoes and herbs.
- Salt and pepper to taste.
- Cook until you obtain a tomato sauce of thick consistency.
- Meanwhile beat the eggs with the olive oil, garlic powder and salt.
- Add the almond powder until you obtain a pastry of thick consistency.
- Spread out in an oiled round baking dish; prick with a fork.
- Bake in a preheated oven for 5 minutes at 180 °C (350 °F).
- Take it out of the oven and, with a knife, spread the mustard in a thin layer over the pastry.
- Spread the tomato sauce over the top and bake for another 15 minutes, or until the crust is golden brown.

Comment:

This is a fully conforming dish containing a good balance of vegetation and proteins of various kinds. It is popular with the kids too!

Questions

Carrot Glycemic Index (GI)

Q. I found the following on www.glycemicindex.com/. Can there be such a vast difference in sugar rush between Romanian carrots and Canadian?

Carrots, raw (Romania)⁶ GI=16

Carrots, peeled, boiled (Australia) GI=41

Carrots (Canada)⁷ GI=92

A. Glycemicindex.com is the database established by G.I. guru Jenny Brand-Miller of Sydney University, Australia. In spite of its impeccable credentials, I have always found it frustrating to use.

We have to look behind the references that Brand-Miller cites. The Canadian carrots were samples tested in the very first experiments on GI carried out in 1981. The Romanian carrots were tested in 1983. Brand-Miller does not give a source for the Australian carrots, but it was probably from an unpublished B.Sc. thesis by Fitz-Henry in 1982.

In those early days, the researchers did not realize just how important it is to be precise about a number of factors. The variety of carrot, the maturity of the carrot (baby or old), the conditions under which it was grown (rainy or dry season) and, most importantly, whether it was consumed raw or cooked.

Although she does not say so, the Canadian carrots were indeed cooked (not raw), according to the scientific article referred to. This is the only factor we can seize on. Cooked carrots are more glycemic than raw.

Incredibly, there are no comprehensive studies of carrot GI. For the time being, circumstantial evidence suggests that old carrots eaten raw have the lowest GI. (Baby carrots are more sugary.) That is our recommendation. If you can tell that they were lifted after a dry season that is better still. The rest is guesswork.

The Yogurt Deception

Q. I am confused. We are told all the time that yogurt is a healthy food and that it is even good for colon health. Why do you say yogurt is bad?

A. In a word: dairy. Yogurt simply is not human food. It has all the draw-

backs: highly allergenic and cholesterol-raising proteins (casein and lactalbumin).

Furthermore, just like milk, yogurt contains the highly allergenic sugar, lactose. Lactose also contributes to poor colon health, bloating and overgrowth of bad flora (see Colon Health on page 3).

All the foregoing is just the zero fat sort. Full fat yogurt, in addition, contains heart rotting saturated fats.

So how is it that yogurt manufacturers like Danone can proclaim that yogurt is good? Let's face it, making yogurt is how they make money, they are not going to say that yogurt is bad!

No, they put their best face on things. They let drop that yogurt contains a bacterium, acidophilus, which is present in a healthy colon. So it is – along with thousands of other microorganisms.

Danone, does not divulge the fact that acidophilus is killed off by stomach acids long before it reaches the colon. Worse, the bad lactose and other components of yogurt combine to feed bad bacteria and kill off the thousands of good varieties.

Yogurt? AVOID!

Labels - and Nuts in Chocolate

Q. I have a bar of dark chocolate with nuts. The label states that it has 20% nuts but only 60% cocoa solids. Is it all right?

A. Yes, according to various national labelling regulations, the nuts are *additional* to the cocoa solids. That makes a total of 80% of ingredients that are not sugar.

It is probable that the remaining 20% is indeed sugar, but that is acceptable at this level.

What is a Stitch?

Q. I follow your plan most of the time but sometimes when I am out power-walking, I get a "stitch". Is there anything I can do?

A. Scientists aren't really sure what causes the stitch. During exercise, blood is shunted away from the diaphragm to the limbs. According to conventional wisdom, the pain is caused by a reduction in blood supply to the diaphragm.

However, other researchers propose that the stitch is actually caused by

the gut "tugging" on the ligaments connecting it to the diaphragm⁸.

Either way, the only remedial measures are:

Wait 2-3 hours before exercising after a large drink or meal.

Stop exercising completely and touch your toes.

Use pressure on the area to relieve the pain. Use your fingers to press firmly on the painful area.

Creatine and Shriveling Leg

Q. *My friend has one of her calf muscles that is shriveling up. Her doctors say that there is an excess of "creatine kinase" in her blood. Is there anything she can do?*

A. Creatine kinase is produced when muscle breaks down. This is something that muscles do all the time. But under healthy circumstances they rebuild just as fast using creatine, which is a protein composed of three amino acids.

Muscle builders and athletes try supplementing with creatine to help develop muscle mass. They are probably wasting their money. Only strict vegans, who eat no animal matter at all, are vulnerable to creatine deficiency. Excess creatine is removed by the kidneys.

It sounds like your friend has a problem that is not lifestyle related. Even so, she should just continue with the Natural Eating pattern, exercise the legs as much as possible. – and follow doctor's orders.

Letters

Party Favors

It may be of interest to you that my wife and I had a little party tonight. The purpose was to watch the College NCAA basketball finals. What is of interest is that we only had natural food. Lots of berries, green plant foods of all kinds, red wine and dark chocolate.

My wife was very much in favor of this plan. I am sorry I did not take a picture of the table, but it was very colorful and festive. She arranged a beautiful buffet table with roses that complemented the colors of the fruits and vegetables. This type of meal was also very easy to do compared to cooking a large meal. We had beautiful small boxes of hard chocolate for dessert.

It was great fun and everyone seemed to enjoy the food. It certainly can be done!

Dr Elber Camacho, Palm Springs

Rapeseed Unjustly Vilified

Even though it has been used for millennia in Asia, traditional rapeseed oil got a bad name in the West because it contains an oil called erucic acid. Studies on rats suggested that erucic acid could cause heart defects although this has never been shown in humans. In consequence, agro-industry developed Canola as a low erucic acid variation.

In India the restrictions on mustard oil (which has up to 40% erucic acid) are viewed as an attempt by foreign multi-nationals to replace mustard oil with Canola oil. But mustard oil is not just a cooking medium, it is intricately interwoven with their culture. They do not find it toxic.

Dr Gunter Noll, Vienna, Austria

Geoff Bond replies:

You are quite right. In a classic study⁹ the authors found that Chinese consumption of fats is low. But of the fat they did consume, erucic acid comprised a massive 25%.

The people of the Keshan region of China who consume high erucic acid in rapeseed oil suffer heart defects – but they also have selenium deficiency. In contrast, there was no sign of heart defects in Indians who consume high levels of erucic acid and also have good selenium levels.

The authors consider there is a link where high erucic acid and selenium deficiency work together to produce the heart defects.

Whatever the case, all rapeseed oil sold in the West has to be low erucic acid, which errs on the safe side.

Fascinating and Important

Healthy Colon Briefing (6)

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

Last month we learned that the average American diet contains only 13g fiber per day. Health Authorities recommend at least 30g per day.

In this book we will argue that we need to be aiming higher. When the intake of plant fiber is up to at least 60g/day then passage of food through the digestive tract is prompt,

and the friendly bacteria get a rich nutritive diet.

Friendly bacteria are *methanogens*. That means that they produce methane in the gut. Under the right conditions, they thrive, multiply, and greatly increase the bulk of the feces. They also gobble up the "bad" sulfur-releasing bacteria.

Let us now look at what happens when we eat starches and sugars (remember, starches are just sugar in another form). Under normal, healthy circumstances, starches and sugars are mostly digested and absorbed into the body before they reach the colon – giving rise to blood sugar rushes on the way.

However, with the way we eat today, with bad food combining, some starches and sugars reach the colon in troubling quantities.

The consumption of starches and sugars has two important consequences. Bad gut flora, particularly funguses, like candida, thrive on them. They quickly overgrow and flood into the bloodstream through the "leaky gut" mentioned earlier.

Secondly the high insulin reaction (see Blood Sugar Control and Carbohydrates earlier) provokes a condition called "digestive neuromuscular disease" where the gut muscles go haywire leading to cramps, diarrhea and bloating¹⁰.

Today, our dietary errors vastly increase both the porosity of the gut and the microorganism load flooding into the body. In this way, abnormal quantities of digestion toxins, bacterial and fungal toxins, and the bacteria and fungi themselves, pass into the blood stream.

They can be at the origin of various allergies, autoimmune responses, or the simple poisoning of various bodily functions. All kinds of disorders can arise: headaches, arthritis, tiredness, irritability and depression.

Hints and Tips

Eggplant Dip

From Reader Peter Harris, Melbourne

This dish bears a resemblance to our Eggplant Caviar (see downloadable cookbook in our online shop at www.naturaleater.com).

This variant is quick, simple and still very good.

Ingredients

- 3 large eggplants
- 2 cloves garlic
- salt and pepper
- olive oil
- juice of half a lemon
- 1 tablespoon of chopped parsley

Method

Grill eggplants in their skins until soft. Peel and mash the flesh together with garlic, salt and pepper. Add a little olive oil, drop by drop as for mayonnaise, until mixture is a thick puree. Add the juice of half a lemon and chopped parsley, mix well.

Human Heritage**Why Women need a Man**

Paraphrased from Geoff Bond's forthcoming book.

... The women of a forager band could easily collect enough food to feed her whole family. However, there is a fly in the ointment. This is the fact that a woman is vulnerable to someone stealing that food. Higher status women and other men are lying in wait to bully and browbeat that woman out of her hard-won resources.

Last month, we saw how women outnumbered men. We also saw that some men were attractive partners and some were not. It all adds up to some men having several wives and some getting only one or even none.

This is a source of strife. Mate-less males were constantly on the prowl: they might be "losers", but they still had the mating drive. That is why the mated males had to be both powerful and vigilant. They had to protect their women from rape and abduc-

tion by out-group males.

So here we have two powerful factors driving women to seek a man – in a word: protection. Every woman had to have "her man" who would protect her and defend her against danger and aggression of all kinds.

Without a man committed to her and to provide powerful physical protection, the chances that she and her children would survive were reduced.

On average, women who were not driven to seek a male bodyguard, were less likely to get their genes into the next generation. We will see later why a man might be driven to undertake this troublesome commitment.

Of course in the modern world, police forces and the judicial system have taken on the role of protector. At an individual level, a man's propensity to fly aggressively to the aid of his wife and children is discouraged.

Today, in the West we have now arranged society in such a way that males are no longer needed to bodyguard their women. Feminists now ask an interesting question: What are men for?

From Page 1**Food Policy****Guidelines say cut back on Soda**

Dr. Popkin did not consider factors like glycemic load, antinutrients, allergens, bad fatty acids and bad proteins. We are also nervous of his cavalier approach to caffeine consumption.

For these reasons we class beer, and milk of any variety in the "bad" category. We favor weak Americano coffee over the strong, Starbucks variety. We also tolerate artificial sweeteners in tea and coffee. With those provisos, we go with Dr. Popkin's advice: water, tea and weak coffee are just fine.

Oh, and by the way, we have Dr. Popkin's word for it: the fact that his study was funded by the Lipton Tea Company had no influence on his conclusions...

Lifestyle/Disease Links**Bully Victims - Brain Changes**

BDNF acts on the same "reward" circuitry involved in addictions.

"The ability of stress to induce BDNF in the reward circuitry is probably a good thing from an evolutionary standpoint – it makes sense to avoid what is beating you up. But extreme stress throws the system into over-drive," says Dr. Nestler.

This research has thrown mental illness conventions into turmoil. Some antidepressant drugs actually increase BDNF levels in the brain. BDNF seems to have different effects in different parts of the brain.

Our View? Hello to the Law of Unintended consequences. When it comes to drugs, let alone food, we are playing with powerful forces that we can only dimly understand.

Upcoming Private Events

Geoff will be speaking to private audiences in London, Paris and Cyprus. Those attending can contact us for more details.

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