

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

**Q of Month:** Omega-3 with Everything. **New Book Title:** Deadly Harvest. **Human Heritage:** Masculinity and Mating Strategy. **Food Marketing to Kids:** It's all Junk; Insidious Internet Game Ploys. **Thought of the Month:** Struggle for life -- Gazelle and Lion. **Food Ideas:** Roast Fowl with Vegetables. **Q&A:** Vitritis – Eyeball Inflammation; Omega Oil: Snake Oil. Sucralose – Insulin Raising?; Menopause; Keep Tooth Enamel Healthy; **Food/Disease Links:** Premenstrual Tension – PMT-H. **Letters:** Altman -- Shed Drugs, Shed Weight. **New Book – What they Say:** Dr Günter Nöll. **News Short:** Scientific Journal Cleans up Sleaze; New Kid on the Block – Salvestrol. **Laughter:** Count the Diners. **Events:**

**Question of the Month**

**Omega-3 with Everything**

**Q.** Many products are now having omega-3 added to them: milk, bread, yoghurts etc. I realize that the natural eater wouldn't touch these things - but is there any chance of having too much omega-3 if you have these plus supplements and oily fish?

**A.** In a way you have answered your own question. The Natural Eater is not going to be eating processed foods let alone those that have been "medicated" with omega-3.

But it is a sign of the times: fake food fabricators are jumping on the omega-3 bandwagon. It sells product. But as we say all the time, the problem is not omega-3 intake, it is the excess of omega-6.

The confused, uninitiated consumer will be drawn to the omega-3 products happily spending over the odds – and thinking he is doing good – but ignoring the really vital matter: riding his diet of French fries cooked in corn oil!

To answer your final question, no, the only peoples we know of who overconsume omega-3's are the Eskimo. They eat pounds of omega-3 loaded seal meat at a sitting – and do not have the luxury of growing sunflowers, corn or peanuts to extract omega-6 cooking oil.

**New Book: Title**

We are excited by the title short-listed by our publisher (Square One of New York). The book is due out January 2007.

**DEADLY HARVEST**

**The intimate relationship between our health and our food.**

**Human Heritage**

**Masculinity and Mating Strategy**



Which of the above men will a woman prefer to mate with? It depends on her time of the month according to researchers at St Andrews University<sup>1</sup>.

Women prefer more masculine faces at peak fertility in their cycle - when they are most likely to become pregnant. High masculinity indicates a strong immune system so this implies that women are more attentive to good health genes when they are most likely to conceive. Outside peak fertility, she will feel that feminine-faced males are more reliable and caring – and so better prospects for long-term fathering.

The above faces are computerized modifications of the same face. One has been made more masculine and one more feminine. No need to tell you which is which! – our savanna-bred brains are programmed to judge instantly.

After male puberty, testosterone fashions masculine features. Typically they include a stronger brow-ridge, thinner lips, narrower eyes, leaner cheeks (but heavier cheekbones), heavier upper body muscles, a square jaw, and body hair. Women also rated the masculine face as more dominant. **Cont. P 4.**

**Food Marketing to Kids**

**It's All Junk**

The top five foods marketed to kids over the last decade have been: cereals (235 varieties), chocolate candies (236), snacks (265), chewing gum (354), other candies (1,407)<sup>2</sup>.

**Insidious Internet Game Ploys**

Most parents have no idea of the extent to which Internet food marketers manipulate their child's brain. A recent study puts this indoctrination under the spotlight<sup>3</sup>.

Most of it is done through online games. The M&M site for toddlers has talking candies explaining the rules of pirating in an animated tie-in with *Pirates of the Caribbean*. In Nestlé's Bop-a-Pop, toddlers earn points for hammering down treats that pop up at random.

Kids playing Post Cereal's "Honeycomb Monster Truck" learn about "Postoken codes" inside real boxes of cereal. Pester Mom to buy the cereal, enter the code online and be rewarded with a "big shield" to protect the truck during a game.

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**Thought for the Month**

**Struggle for life:**

**The Gazelle and the Lion**

**"Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed.**

**Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death.**

**It doesn't matter whether you are a lion or a gazelle.... When the sun comes up you had better be running." -- Bushman proverb**

## Food Ideas

### Roast Fowl with Vegetables

YYYYY

We do not prescribe a recipe as such this month – just point you in the direction of an easy make-it-up as you go meal.

This assumes you are using duck. Other fowl such as goose, pheasant and partridge are fine too, but you will have to adapt the roasting times and temperatures.

Organic chicken or turkey are possible too but their fatty acid profile is a heart loser.

Take a whole organic duck, and stuff the cavity with herbs (e.g. sage, rosemary, thyme), and roughly cut garlic. Skewer the opening.

Brush with olive oil and put the duck in a roasting pan large enough to leave plenty of space all around.

Cook uncovered in a 400°F (200°C) oven until well brown; about 60 minutes.

Meanwhile, take a selection of whatever suitable vegetables that you happen to have ready to hand: e.g.: eggplant, bell pepper, onion, mushrooms, zucchini, summer squash, and so on.

Clean and peel as necessary and roughly chop the larger vegetables. Add them around the duck in the roasting dish and baste them.

Cover this time and return to the oven at 400°F (200°C), for about 45 minutes or until done. Baste occasionally if you think of it.

#### Comment:

We choose duck, goose or wild fowl because they have a good fatty acid profile – and we eat the fats along with the vegetables.

## Questions

### Vitritis - Eye Inflammation

**Q.** I have had vitritis for 4 years and been on cortisone for 2 years. Since that time I eat fairly well (steps 6 or 7 of *Natural Eating*). When my eyes

improve, I go off cortisone because it makes me feel bad. However the vitritis gets worse quickly, so I go back on.

I used to be fat and used to suffer from asthma until I cut out dairy and grain 2 years ago. A naturopath recommended I boost my omega-3 intake with fish oil, but I know the ratio of 3:6 is more important.

Do you have any specific thoughts/advice for this or could it just be one of those unknowns?

**A.** Vitritis is an inflammation of the jelly in the back of the eye. Your physician is prescribing cortisone to suppress the inflammation. The inflammation is probably caused by a germ infection. An alternative possibility is an *autoimmune reaction*. This is where a crazed immune system attacks the body's own cells.

Cortisone is produced naturally by the adrenal glands, so it is normal to have some of it in the body. However, when medicated over lengthy periods it leads to water retention, elevated blood sugar, suppression of the adrenal glands, suppression of the immune system, loss of bone calcium, and increased susceptibility to bacterial, viral and fungal infections. – So you are right to want to wean yourself off long-term cortisone treatment.

And here we have a double bind: cortisone suppresses the immune system -- which weakens its ability to fight infection!

You mention that you have recovered from asthma -- which is an autoimmune disorder. This gives us hope that your immune system is in recovery. Either way, the strategy must be to ensure that your immune system is functioning both sanely and at 100%.

You should strictly follow the Immune System guidelines on page 158 of the *Natural Eating* book. That includes managing other lifestyle aspects such as exercise and stress.

As for boosting omega-3 intake, that is usually a good thing. However, the important aspect is to strip out the omega-6 intake. Omega-6 fats strongly depress the immune system. It is highly unlikely that you will overcompensate. See *Omega-3 With Everything*, page 1.

### Omega Oil: Snake Oil

**Q.** What do you make of this \$30 per bottle health supplement called the *Essential Woman*? It contains per tablespoon:

Omega-3	5115 mg
Omega-6	2330 mg
Omega-9	1488 mg
GLA	100 mg
Lignans	5 mg
Isoflavones	45 mg
Saponins (from soy)	55 mg

It promises all sorts of wonderful things on the bottle - strong nails, glowing complexion, shiny hair etc.

**A.** The omegas-3,6,9, GLA and lignans look like a typical flaxseed oil profile. The isoflavones (and saponins) are from soy bean. So this product is basically flaxseed oil with a dosing of soy extracts.

Omega-9 is simply the type of fat called "monounsaturated" and is the chief type of oil in olive oil. The GLA is gamma-linolenic acid -- a kind of omega-6 oil. The lignans are a class of plant estrogen, naturally present in flaxseed and are thought to help fight breast cancer<sup>4</sup>. The isoflavones are a second class of plant estrogen. They are thought to help fight breast cancer too.

However, the evidence that plant estrogens fight cancer is mixed. After all, exposing breasts to estrogen INCREASES breast cancer risk! (See "Soy Health Claims Nixed", April 2006.) In addition, plant estrogens have a downside as antinutrients (See "The Trouble with Soy", May to July 2006.) We would not dice with soy estrogens.

Finally, saponins are a soapy compound that are thought to help lower cholesterol.

So the answer is: why waste that kind of money when you can avoid dubious soy compounds and get the benefit from pure flax oil – or even from your own food?

### Sucralose - Insulin Raising?

**Q.** A dietician suggested to me that *Splenda* (sucralose) and other artificial sweeteners stimulate insulin release. Is this so?

**A.** No, they do not raise insulin levels -- that is the whole point of them. Scientists have put *Splenda* through many rigorous tests. The Food and

Drug Administration (FDA) says categorically:

"These studies show that sucralose has no influence on insulin secretion by rats or humans<sup>5</sup>."

Further, they find that sucralose demonstrates no adverse effects on the consumer, including diabetics, pregnant women, and children.

Yet other studies find that neither aspartame nor saccharin raise insulin levels either<sup>6</sup>.

### Menopause

**Q.** *I am suffering from all the classic symptoms of menopause, especially hot flashes and mood swings. Do you have any guidance?*

**A.** Evidence suggests that Western women suffer more from menopausal symptoms than those from other cultures. In many African languages there is no word for "hot flashes". The symptom is unknown to Mayan and Greek menopausal peasant women<sup>7</sup>.

Indeed, changes towards a more "natural" lifestyle can relieve menopausal symptoms. The same measures that control PMTS (see Food/Disease Links, this page) also work for menopause, and for the same reasons.

In other words, by following the Natural Eating lifestyle in terms of food, exercise, sunlight and stress control, you should minimize menopausal symptoms. (See Natural Eating book, p. 112)

What doesn't work? According to many studies, a great many high-priced "alternative" remedies are ineffective. Don't waste your money on: ginseng, red clover, dong quai, evening primrose oil, soy extracts, progesterone creams, vitamin E and many more<sup>8</sup>. They even found that acupuncture does not work in this case. "Product advertising hype far exceeds scientific knowledge", says study author, Dr. Fredi Kronenberg.

However, the herb black cohosh, a member of the buttercup family is helpful. It contains plant estrogens, and does so in ways that are effective, unlike estrogens from soy (see Omega Oil: Snake Oil, earlier).

### Keep Tooth Enamel Healthy

**Q.** *Re your last newsletter, once the second teeth are through, is there anything you can do about building healthy enamel diet-wise? Or are teeth still developing, even in adults?*

**A.** It is essential to ensure that young teeth form properly as they grow out from the jawbones. Once the enamel is formed, that's it. There is no regrowth. So make sure your toddler and child are solidly on the Natural Eating program.

However, the body does have a maintenance process of enamel remineralization. In the normal course of a day's food consumption, some foods and drinks soften and demineralize the enamel. Many of these are fruit acids, such as found in grapefruit. Others are the usual suspects: colas, fruit juices, sugars, starches and confectionary.

Afterwards, the body restores the tooth enamel to its original hardness and mineralization. This is done by the saliva which (if it is Natural Eating healthy), is alkaline and contains mineralizing agents. However, it needs a couple of uninterrupted hours to do its job. Some dentists even advise to avoid tooth brushing for two hours after consuming such foods. (See also March 1999).

Of course, many children (and adults) rarely leave their mouth unoccupied for as long as two hours. Constant snacking, cola drinking, candy popping -- even water swigging -- mean that their enamel demineralizes faster than the saliva can repair it.

### Food/Disease Links

*To make space, the editor cut out several passages from Geoff's new book. Here is one of interest to our readers.*

### Pre-Menstrual Tension (PMTS)

#### Part II - PMT-H

The second-most-common subgroup, PMT-H, has symptoms of water and salt retention, abdominal bloating, breast pain and weight gain. One study found that micronutrient deficiency was the problem<sup>9</sup>.

Many other studies show that we need our sunlight to control the PMTS depression just like regular depression earlier. Women who submitted to high powered lighting

on a daily basis found their symptoms greatly improved<sup>10</sup>.

In other words, PMTS does not have to be as bad as it usually is. We just have to remember our savanna origins. In particular, eat a diet which is low in saturated fat and omega-6 oils, rich in omega-3 fatty acid, high in non-starch plant food (rich in micronutrients) -- and get sensible exposure to bright light or sunshine.

### Letters

#### Shed Drugs, Shed Weight

My physician, Dr. Rita Stec, introduced me to Geoff's Natural Eating program on March 20, 2006. It really changed my life. With her help and that of my therapist and other wonderful people, I am now free of prescription drugs for the first time in 34 years. With this new me, I took on Geoff's Natural Eating program and, to date, I have lost over 50 pounds and am feeling great about myself.

It was a really rough ride, but Eating Naturally was the easiest part. There wasn't a day that went by that I didn't lose weight. I still have about 10 lbs. to go, but I'm in no rush. I bless Dr. Stec every day for being a part of my life and for caring for her patients the way she does. What an incredible lady. I bless Geoff Bond every day as well for his expertise in helping people understand how to take care of their bodies. -- *Anne K. Altman, Palm Desert, CA.*

### New Book – What They Say

*Several specialists from various disciplines have reviewed the manuscript of Geoff's new book. Here is the comment of Dr. Günter Nöll, biochemist and authority on edible wild plants.*

"Millions of years of human evolution have formed our roots; they still determine our bodies, our psyches and our social requirements. However, much of the way we live today, cuts us off from our roots.

"As Geoff Bond points out in his new, fascinating and meticulously researched book there are ways to respect these roots -- and to satisfy our still-present Stone Age needs -- even in the jungle of modern life. In this way we rediscover our capacity for maximum physical and mental health.

"It would be highly desirable for growers of plants, breeders of live-



stock -- and the food industry as a whole -- to start thinking along similar evolutionary terms. Something which they have neglected for the past 15 000 years!

"In commerce-driven societies like ours, producers supply what sells. It is up to us as consumers -- suitably armed with the insights found in Geoff Bond's book -- to change "what sells"."

### News Short

#### Scientific Journal Cleans up Sleaze

The American doctor's prestigious trade journal, JAMA, is tightening its procedures after it innocently published articles by researchers who were "economical with the truth" about their conflict of financial interests<sup>11</sup>.

For example, Dr Lee Cohen wrote a paper which recommended that even pregnant women could continue taking some anti-depressants. Yet Cohen never divulged that he is a long-time consultant to the antidepressant drug maker, a paid speaker for seven more and has research funded by four more<sup>12</sup>.

#### New Kid on the Block - Salvestrol.

Resveratrol, a micronutrient commonly found in red grapes (and red wine) became famous because the body uses it to destroy cancer cells. Now researchers find that this is just one of a whole class of similar plant nutrients they dub "salvestrols".

Now it gets interesting: When a fruit or vegetable is getting ripe, it is prone to attack by fungus. Over millions of years, plants have evolved a way to fight off the fungus by generating the salvestrols.

However, the plant only produces the salvestrol if it is attacked by fungus. Modern crops, routinely treated with fungicides, never produce these compounds and so our diet is deficient in them.

So much of our modern genius masks a deep, deep ignorance of nature's ways. There is hope, however, if you eat organic.

### From Page 1

#### Human Heritage

##### Masculinity and Mating

Such men "appeared as though they could get what they wanted." Other researchers find that extreme males are 50% less likely to marry, suggesting they have difficulty in cooperating in a partnership<sup>13</sup>.

Yet more studies find that extra-marital flings tend to coincide with a woman's peak fertility. Women may be making the best of both worlds. They take a more feminine male partner for long-term investment, while tempted into affairs or short-term relationships with masculine males, driven by an instinct to seek out good genes for their future children.

This plays into how the woman's male partner feels. Other research shows that subordinate men over-estimate the dominance of masculine rivals when

their woman is at peak fertility, so get agitated, jealous and overprotective<sup>14</sup>.

Interestingly, a man has no way of consciously knowing when she is at peak fertility. He is picking up on more subtle signs that show she has high estrogen levels<sup>15</sup>, as we reported in November 2005.

### Food Marketing to Kids

#### Insidious Internet Game Ploys

On average a child plays a game for some 25 minutes, constantly exposed to the advertiser's "brand immersion". That compares with just 30 seconds for a conventional commercial. Moreover, kids treat commercials for what they are: they rarely detect the sales message in online games.

### Public Event - Advance Notice

#### Rancho Mirage, California

Date for Diary: March 14, 2007

This is the date now fixed for the 2007 Community Health Education seminar at which Geoff Bond will give the keynote address. The seminar is sponsored by the Desert Comprehensive Cancer Center & the Walter T. Stec Memorial Education Foundation.

### Laughter the Best Medicine

#### Count the Diners

"My doctor told me to stop having intimate dinners for four -- unless there are three other people at the table." Orson Welles

### Upcoming Private Events

Geoff will be speaking to private audiences during September. Those attending can contact us for more details.

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