

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

www.naturaleater.com

Monthly Private Subscription Newsletter – Annually: Hard Copy \$59.00 - Electronic \$18.00

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

Q of Month (1): Upsets can have many Causes. **Recipe Photo:** Zucchini Dug-outs. **New Book :** Foretaste. **Q of Month (2) :** Vitamin C – How Much ?. **Quote:** Orwell - Prescient about Processed. **Recipe:** Zucchini Dug-out. **Q & A:** Vitamin C and Colds; Raw Foods and Seeds. **Food Disease Links:** Candida, Candidiasis. **Good to Know:** Vitamin C in a Nutshell (1). **New Book – What they Say:** Rita Stec, M.D. **Food/Disease Links:** Magnesium Deficiency/ Diabetes. **Laughter the Best Medicine:** Water into Wine. **Events.**

Questions of the Month (1)

This question raises many fundamental issues, relevant to all, and which merit a lengthy answer.

Upsets can have Many Causes

Q. I downloaded your book, but I am having difficulty with diarrhea and headaches. I have lost about 7 lb eating this way but still have 53 lb to go. I have thrush which gets worse if I eat sugar and flour. I was borderline diabetic while pregnant. I suffer jaw muscle spasms (TMJ) which means I can only eat food that is soft and in small pieces. It could be due to stress and teeth-grinding. I take Prozac at night for PMTS.

I follow your program but with lapses. I eat plenty of fruit alone, some cheese (can't give it up!), and a legume crock-pot at least once a week. I have diarrhea problems but not if I add a serving of oatmeal or whole wheat bread midmorning – but grains give me headaches.

A. This is a real tangle of phenomena. Let us tease them apart to identify the individual threads.

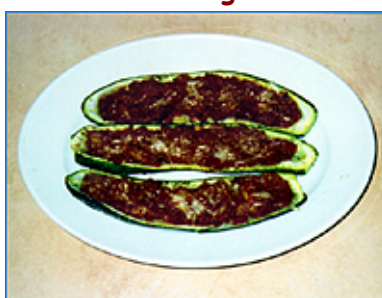
You suffer from thrush (common name for candida) and it gets worse if you eat sugar and starch. This is only to be expected: candida feeds on sugar (starch is just another form of sugar). Headaches and diarrhea are just two of the symptoms of candida overgrowth.

You were "borderline diabetic" while pregnant. You are now 53 lb overweight. This tells us that you are almost certainly still diabetic.

Continued: page 4

Recipe Photo

Zucchini Dug-Outs



This zucchini dish looks like rustic native canoes piled high with their delicious, colorful cargos.

Recipe: page 2.

Human Heritage

Crunchiness Counts

We frequently laud the benefits of eating our fruits and vegetables raw: "When we eat an apple for example it requires mastication and it takes time. As a result our brains register the process at its true value, gastric juices are mobilized and we feel satiated more easily¹."

Now science adds another dimension. The brain and skull register the ultra-high-pitch sound emitted by the crunches².

A trial using a taste panel found that the higher the level of ultra-sound noise given out by biting crunchy foods, the higher the "enjoyment" rating.

Cont: page 4.

New Book

Foretaste

You can sample the first few pages of Geoff's new book, **Deadly Harvest**, online at our website:

www.naturaleater.com

Print publication is scheduled for January 2007.

Questions of the Month (2)

Vitamin C – How Much?

Q. How much vitamin C do we need for optimum health?

A. The Paleolithic researcher, Boyd Eaton estimates that the typical forager diet contained some 450 mg of vitamin C per day³. The primatologist, Katherine Milton agrees⁴. We suspect that, if this was the intake for the human species over all of its evolutionary history, then the body came to depend on it. Furthermore, when we follow the Natural Eating pattern, this too produces a similar intake of vitamin C.

This is confirmed in other ways too. For example, contrary to the common wisdom, the body does indeed have vitamin C stores: these include the adrenal glands, pituitary gland, brain, eyes, ovaries, and testes. These stores total some 4,500 mg for a 150 lb person. What intake is needed to maintain them?

When the intake of vitamin C from food rises, the concentration of vitamin C in the blood and other organs rises in step. However, at a steady consumption of 400 mg to 500 mg per day, vitamin C concentrations in the body hit a ceiling. This, the scientists say, is a state of "saturation". **Cont:** p. 4.

Quote of the Month

Prescient about Processed

"... the modern industrial technique which provides you with cheap substitutes for everything. We may find in the long run that tinned food is a deadlier weapon than the machine-gun." -- George Orwell ("1984" author), *The Road to Wigan Pier*, 1937.

Recipe

Zucchini Dug-Outs

Can be served either hot or cold

YYYYY

Yield: 2 - main dish, 4 - side dish.

- 2 lb. zucchini, unpeeled, cut lengthwise in 2 halves.
 - salt to taste
 - fresh ground pepper to taste.
 - 1 teaspoon Italian herbs.
 - 1 tablespoon (15 ml) olive oil.
 - 1 white onion (approximately 5 oz, 145 g), chopped.
 - 4 cloves garlic, crushed.
 - 1 can (14 oz, 400 g) chopped tomatoes, drained.
 - 1 tablespoon tomato paste.
 - pinch ground nutmeg.
 - 1/2 teaspoon fructose.
 - 4-6 drops (or to taste) Tabasco sauce.
 - 2 tablespoons pine nuts, crushed
 - optional:**
 - 1 tablespoon Swiss cheese, grated. (Heart loser)
 - 1 tablespoon fresh parsley, chopped.
1. Carefully scrape out the soft pulp of the zucchini halves with a small spoon, so they take on the form of a dug-out canoe. Take half of the pulp and chop it very thinly. Set aside (dispose of the other half).
 2. Lightly salt and pepper the zucchini halves, sprinkle with half of the Italian herbs. Place on an oiled baking sheet.
 3. Bake in a preheated oven at 400°F (200°C) for 20 minutes.
 4. Heat the oil in a medium-size frying pan and sauté the onion, until they are soft and translucent. Stir in the garlic and half of the zucchini pulp. Sauté all together for about 10 minutes.
 5. Now add the drained tomatoes, tomato paste and the rest of

the Italian herbs. Stir in the nutmeg, fructose, Tabasco, salt and pepper to taste. Adjust the seasonings, if desired. Sauté shortly for 2 minutes all together. Mix in the pine nuts.

6. Distribute the mixture equally in the hollowed-out zucchini halves. Sprinkle with the Swiss cheese (optional - not for the purist). Bake in a preheated oven at 400°F (200°C) for 20 minutes. Sprinkle with the parsley prior to serving (optional).

Questions

Vitamin C and Colds

Q. *I heard that one can reduce the duration of a cold if one boosts vitamin C intake at its onset. For example, by quaffing extra orange or blackcurrant juice. Is this correct or just another 'Cold Myth' ?*

A. As the adage goes: "A cold normally lasts seven days -- but if you treat it, you can cure it in a week!".

This is one of those sayings that has a lot of truth in it. Some studies show that, for some people in some situations, an increase in vitamin C intake can shorten the duration of the cold slightly⁵. Mostly it has no effect at all. In fact, nothing else helps either.

Fame and fortune awaits the discoverer of a cure for the common cold.

However your diet, if you follow what we say, will have an abundance of vitamin C (see "Vitamin C - How Much?", page 1). It would be pointless to force an even greater consumption. We certainly do not recommend fruit juices anyway (see Food Policy, Newsletter [March 2006](#)).

Raw Food and Seeds

This question raises many fundamental issues, relevant to all, and which merit a lengthy answer.

Q. *I am following a raw food diet of mainly vegetables plus fruits with no grains or cereals. I use the sprouts of flower and vegetable seeds and sometimes wheat grass juices. I use 2 to 3 teaspoons per day of walnut or almond oil as a*

salad dressing. I take one meal per day of only raw seeds which includes sunflower, pumpkin, sesame and flax seeds with onion, garlic cloves(4-8) and fresh ginger. Any suggestions?

A. Your diet is surely much healthier than the average; in some respects it is more extreme than we would advocate.

We see that you do not eat any animal products - in other words it's a vegan diet. It is good that you do not eat any of the harmful mainstays of many vegans' diets - starches and legumes.

We do argue that the human organism is naturally adapted to expect the consumption of some animal matter - but of a particular and special fatty acid profile. In today's world, free range eggs, seafood and most wild game are conforming. Dairy products (which you do not mention) are to be avoided.

However, it is perfectly possible for you to stay on a vegan diet and here we suggest some adjustments to make the best of it.

- You do not mention nuts. We certainly recommend all kinds of tree nuts: almond, cashew, walnut, brazil and so on. Always fresh, raw and unsalted.

- We are not wild about eating seeds as such. However, the pumpkin seeds are rich in magnesium (see Magnesium Deficiency/ Diabetes, page 3) and do not provide a digestive challenge. Sesame seed, in spite of being an omega-6 grain is acceptable (News: [August 2005](#)).

Flaxseed is really a nut and is a great source of omega-3 oil. Sunflower seed is loaded with omega-6 oil but it is not a grass seed and is also a good source of magnesium. In small amounts it is OK.

- Some plant oils are good for salad dressing. Focus on the omega-3 sources: rapeseed oil, hempseed oil and flaxseed oil. (Almond oil is not one of them). Most walnut oil is made from nuts which have been roasted, which defeats the object. If you can find oil from fresh walnuts, this is good too.

Omega-3 oils are fragile and oxidize easily into toxic products so always

make sure they are fresh and cold pressed.

- sprouted seeds are fine – but why bother? Just eat copious salads and you will get all the micronutrients your body expects. The same remark goes for wheat-grass juice.

Food/Disease Links

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

Candida, Candidiasis

Candida is a yeast-like fungus that is present in everyone's colon. It is a harmful organism but, when the bowel is functioning healthily, it is kept at bay by the "friendly" bacteria. Candidiasis is the condition caused when the candida organism escapes from its original site and spreads throughout the body.

This happens when the fungus sends out tendrils through the gut wall into the bloodstream. It can only do this when the colon is unhealthy and, in particular, when dietary errors have made its wall "leaky". Once in the bloodstream, the fungus gorges on blood sugar.

The more sugar there is, the more the fungus spreads. When it reaches other parts of the body, it causes discharges from various mucus membranes, particularly the mouth and vagina. It also causes gastrointestinal upsets, constipation, itching rectum, gas, cramps and flu-like symptoms.

The main way to get rid of candida is to starve it to the point where your immune system takes back control and finishes it off. So the chief measures are:

The Low Glycemic Link: Keep blood sugar levels low – eliminate starches and sugars. In this connection, modern fruits contain too much sugar of all kinds and must be eliminated until the condition is under control.

The Immune System Link: Do everything to keep your immune system functioning at full capacity. (Natural Eating book, chapter 8)

The Colon Health Link: Ensure good intestinal health. (Colon Briefings, Newsletters: [Sept 2005](#) to [March 2006](#).)

When you fight candida, you can give no hostage to fortune. Strictly follow the Savanna Model and you give yourself every chance of ridding yourself of this parasitical overgrowth..

Good to Know

Vitamin C in a Nutshell (1)

For over a hundred and fifty years, sailors have known to consume lemons and limes to avoid the dreaded disease, scurvy. However, it was not until the 1930's that the Hungarian, Dr. Szent-Gyorgi isolated the compound that did the trick: ascorbic acid or vitamin C.

Nevertheless, he found that ascorbic acid on its own was not as effective as consuming the same amount in the plant form. Eventually Szent-Gyorgi discovered a vitamin C helper or "cofactor".

Since then, researchers find that this "cofactor" is composed of a multitude of compounds: vitamin K, J factors (which help the blood carry oxygen); bioflavonoids; polyphenols; catechins, enzymes, and tyrosinase (an enzyme that aids hemoglobin)⁶.

Other researchers confirm that vitamin C is much more active and at least 35% more bioavailable when consumed in its natural environment – that is, as a fruit, salad or vegetable⁷.

So supplements are not the answer. No, stay with the fresh produce – organic if possible...

Next Month: *Fruit juices; vitamin C's body-life; Overdose.*

New Book – What They Say

Several specialists from various disciplines have reviewed Geoff's new book. This one is from Dr Rita Stec, Director, Women's Wellness, Rancho Mirage, CA.

"I am deeply indebted to Geoff Bond for teaching me the correct way to approach nutrition. His research and keen insights from the anthropological perspective show clearly the connection between how the human body is genetically programmed and the disease consequences of inappropriate eating.

"I applaud his courage and his commitment to science that takes

us past the misinformation perpetuated by the dairy, beef, fast food, sugar and cereal industries, as well as our own federal government.

"This book is a 'must read' for anyone interested in decreasing their risk of heart disease, stroke, diabetes and cancer." -- *Rita J. Stec, MD.*

Food Disease/Links

Magnesium Deficiency/Diabetes

A deficiency in the diet of magnesium can increase the chances of developing diabetes and heart disease says a study begun on young adults in 1985⁸. 15 years later those with the highest magnesium intake had 35% less risk of developing these diseases.

Magnesium deficiency is connected to many afflictions including migraine, (News: [September 2004](#)), and cardiovascular problems (News [January 2006](#)). It can also be due to over-consuming calcium and alcohol. We carried a long article on magnesium in our Newsletter [August 2004](#).

The Natural Eater is unlikely to be deficient: it is present in most of the vegetables, especially Swiss chard, greens, spinach, and broccoli. All tree nuts are rich in magnesium, notably cashews, almonds, Brazils and walnuts. Pumpkin seeds are also a rich source.

But try not to get over-focused on these particular foods -- green vegetables, fish and nuts all contain magnesium to a sufficient degree.

Laughter the Best Medicine

Water into Wine

A priest got stopped by a traffic cop after swerving all over the road. After spotting an empty bottle on the passenger seat, the policeman says: "Have you been drinking?"

"Only water," the priest replies.

"Are you sure?" says the cop, "I can smell wine on your breath."

The priest looks down at the bottle: "Good Lord! He's done it again!"

Upcoming Private Events

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

From Page 1**Questions of the Month (1)****Upsets can have Many Causes**

All these factors tell us that, in the past, you have overloaded your body with sugars and starches. From now on you have to be extra strict about blood sugar control.

You suffer from PMS for which you take Prozac. *Headaches* and *diarrhea* are common side effects of Prozac⁹.

You suffer from TMJ (temporomandibular joint disorder) which is intense pain in the jaw and its muscles. TMJ is often the result of muscle spasms which in turn can be caused by emotional stress. *Headache*, even migraine, is a frequent consequence of TMJ.

Magnesium deficiency can also provoke muscle spasms like TMJ. It can also directly provoke *headache*. (News: [September 2004](#))

These, then seem to be the underlying issues: blood sugar control, (and its manifestation in candida and diabetes), PMS, stress and, possibly, micronutrient deficiencies.

First you must get rid of the candida. Follow the dietary guidelines given in The Food Disease Connection, [page 3](#) In particular, stop eating your fruit for at least 8 weeks or until you are clear of the candida for at least three weeks. The candida diet will also bring your diabetic condition under control.

That excess weight upsets your body's biochemistry making it almost impossible to regulate the other matters that are going wrong. Fortunately, the anti-candida, anti-diabetic measures should make weight loss an automatic process.

Next, you must try to do without Prozac. To do that you need to reduce the PMTS symptoms. Follow the PMTS advice in the [July 2006](#) and [August 2006](#) newsletters.

Legumes are notorious for upsetting the guts. They are not human food, contain gut-harming antinutrients and we recommend dispensing with them.

It is unlikely that you are suffering micronutrient deficiencies if you are strictly on the program. Just ensure that magnesium-rich foods are part of your diet. See Magnesium Deficiency/ Diabetes, [page 3](#).

You will have to examine your life to see how you might alleviate the stress. Your body will support it best if you get plenty of hard physical exercise, proper sleep, sensible amounts of sunlight and eat like we say.

Finally the practical matter of chewing your food. While you work to alleviate the TMJ, you will have to use blenders and mixers to reduce your food to a consistency that you can cope with.

In summary, your diarrhea and headaches can be due to any one of a number of factors or some combination of them. You need to work on correcting them all.

We wish you well.

Human Heritage**Crunchiness Counts**

The panel found that apples provided the most "enjoyment of biting", achieving a top score of 7.8 on a scale of 0 to 10.

Lead author, Professor Povey of Leeds University, UK said, "When you munch a crispy apple you create pulses of ultrasound which our

brains interpret differently from ordinary sounds such as speech. The pulses are so intense that if they were sustained as a tone, they would destroy our hearing. It is highly probable that we are genetically disposed to crispiness as a sign of freshness in food."

Prof Povey's last speculation is simplistic, but it reinforces our view that the whole process of munching whole raw food is important for living naturally. You liquidize and blend foods to your disadvantage.

Question of the Month (2)**How Much Vitamin C?**

Any intake of vitamin C over this amount is promptly removed by the kidneys and excreted in the urine¹⁰. However this figure of 400 to 500 mg per day is some five to six times HIGHER than the Government's Recommended Daily Allowances of 75 mg per day (women) and 90 mg per day (men)¹¹.

It is also FOUR TIMES higher than the average American intake of around 110 mg per day¹². It would seem that most Americans (but not Natural Eaters) are running a vitamin C deficit.

The body needs more vitamin C with stress, alcohol, and smoking. Other depletion factors include fever, surgery, wounds, viruses, antibiotics, sulfa drugs, cortisone, aspirin, and environmental pollutants.

Good News: Natural Eaters' vitamin C intake is in the ideal range. Certainly don't supplement!

SUBSCRIBE TO THIS NEWSLETTER!

DOWNLOADABLE BOOKS and other VITAL INFORMATION: www.naturaleater.com
email: geoffbond@naturaleater.com; **Cancer Support Site:** www.beatcancer.naturally.com
Tel: +357 99 45 24 68; Skype: gvlbond; fax: +1 360 851 3662

REFERENCES

- 1 Natural Eating book; Chapter 6, Hints and Tips.
- 2 Malcolm Povey, International Ultrasound 06 Conference At The University Of Leeds, 8 February 2006.
- 3 Boyd Eaton; Evolutionary perspective of human nutrition; J of Nutrition; 126;1732-1740;1996
- 4 Nutritional Characteristics of Primate Foods; Milton; Nutrition; vol 15; No 6, 1999
- 5 Hemilä, Harri; Vitamin C and the common cold; British Journal of Nutrition, Volume 67, Number 1, January 1992, pp. 3-16(14)
- 6 Mitchell Ryneberg A, Anderson A, Dibblo M, Nutrition in Health and Disease 16th ed. New York, NY: JP Lippincott Co. (1976).
- 7 Vinson, J A; Comparative Bioavailability to Humans of Ascorbic Acid Alone or in Citrus Extract; American Journal of Clinical Nutrition; Vol. 48, No. 3, pp 601-604; September 1988.
- 8 He, K; Magnesium intake and incidence of metabolic syndrome among young adults. Circulation; 2006 Apr 4;113(13):1675-82. Epub 2006 Mar 27
- 9 Brambilla, P; Side-effect profile of fluoxetine in comparison with other SSRIs, tricyclic and newer antidepressants: a meta-analysis of clinical trial data. Pharmacopsychiatry. 2005 Mar;38(2):69-77.
- 10 Philip Finkle; Vitamin C saturation levels in the body in normal subjects and in various pathological conditions; J Clin Invest. 1937 July; 16(4): 587-593.
- 11 Nutrient Recommendations: Dietary Reference Intakes (DRI) and Recommended Dietary Allowances (RDA); Office of Dietary Supplements; National Institutes of Health; Bethesda, Maryland 20892 USA. Web: <http://ods.od.nih.gov>
- 12 U.S. food supply: Nutrients and other food components, per capita per day; USDA Center for Nutrition Policy and Promotion, March 3, 2006.