

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.

Social Anthropology: Ramadan & Fasting. **Food Safety:** Corn-feed upsets Cows and Us. **Food Policy:** Campaign against Sneaky Oil. **Q of Month:** Our Pedigree - No Neanderthals. **New Book:** Ready in Feb 2007. **Recipe:** Hunter's Goat Stew (1). **Q&A:** Mixed Nuts & Seeds; What Seed Variety; Sulfiters for Gut Problems; Nuts & Other Oil; Cinnamon not Toxic; Vegan: Subs for Animal Flesh. **Case Notes:** Natural Eater with Uric Acid. **Chart:** Human Pedigree **Food/Disease Links:** Macular Degeneration. Human Heritage: Landscape for Mood. **Food Policy:** Health Warning for Milk? **Good to Know:** Vitamin C (2). **Chuckle:** Family Values.

Social Anthropology

Ramadan and Fasting

With the sighting of the new crescent moon on October 24th, Moslems called an end to their month of Ramadan. During this month they are supposed to fast during the daylight hours. That is, no food or drink should pass their lips between sunrise and sunset.

The Islamic idea behind this practice is to make the devotee appreciate the tough times experienced by the poor; it is also a powerful test of self-discipline. The idea is similar to that of the Christian Lent – but much more onerous.

After sundown, Moslems take the first meal of the day (and their last meal just before dawn). In other words, every year, hundreds of millions of humans experiment with sustained fasting and thirst for 12 to 14 hours a day. **Cont: Page 4**

Food Safety

Corn-feed upsets Cows and Us

Californian raw spinach made hundreds sick and at least one person died. The cause is traced to abnormally high levels of the virulent bacterium E coli O157 in the irrigation water. (See Cinnamon, p. 2)

Now we come to the crunch: The E coli came from infected cattle manure which contaminates the groundwater. Why were the cows infected? Because they had been fed on corn! Contrary to popular belief, corn – and grains in general – are not cow food, anymore than they are human food. When the cows were transferred to their natural food, foliage, O157 declined 1,000-fold.

Food Policy

Campaign against Sneaky Oil



This is the shock picture used by the British Heart Foundation (BHF) to alert children to the amount of oil they consume just by eating one packet of chips (crisps) a day. The slogan is: "What goes into Crisps Goes into You".

Some 50% of British children admit to eating this amount – in which case their intake of cooking oil is over a gallon (4 ½ liters) a year!

Worse, 20% of children consume 2 packets a day – equivalent to 2½ gallons (9 liters) per year.

The horror does not end there. The sheer volume of fat is bad enough, but the *type* of fat is doubly worrying. The major manufacturers – such as Walkers and Frito-Lay – use artery clogging palm oil.

The BHF aims to expose the extraordinary amounts of salt, fat and sugar lurking in everyday snacks. "A daily dose of such a nutritionally poor product is a threat to our children's long term health."

Question of the Month

Our Pedigree: No Neanderthals

Q. I learned at school that we are descended from the Neanderthals. I was therefore surprised when you say in your book that they were not our ancestors at all.

A. Up to about 10 years ago, scientists debated quite strongly how Neanderthals (and other ancient human-like creatures) fitted into our family tree. Their fossils were first found in Germany and then in various other parts of Europe.

At the time, the only clue was to compare their bone formations with those of humans. Scientists could make an argument either way: that Neanderthals were an early form of human, or on a separate branch. Some even suggested that Neanderthals and humans bred with each other. From a purely biological point of view this was unlikely: it would be like mating with a gorilla!

However, the question was first clearly resolved 10 years ago by a brand new technique: DNA analysis. Subsequent tests on Neanderthal DNA have all confirmed the same conclusion: that there are no Neanderthal genes in humans¹. Geoff's new book (see below) goes into this question more deeply.

Cont. page 3: Human Pedigree

New Book Update

Square One Publishers have programmed the publication of Geoff's new book *Deadly Harvest* for early February. More details as they become available. See a preview on www.naturaleater.com.

Recipe – part I**Hunter's Goat Stew**

Yield: 8 servings

Goat is one of the few farmed animals whose flesh conforms to the Savanna Model. This recipe is a classic way of preparing hunted meats. It uses the technique (marinating) of soaking the meat in a flavorful liquid to tenderize the meat and enrich its flavor. You can try this recipe on other game meat too, e.g. venison, wild boar, elk etc.

This recipe is rather long so we are publishing it in two parts. We have posted the full recipe on www.naturaleater.com

INGREDIENTS**Marinade**

- ½ bottle cheap dry red wine
- 1 medium onion, sliced
- 3 garlic cloves, sliced
- 1 teaspoon peppercorns
- 1 tablespoon cinnamon bark pieces
- 3 bay leaves
- 3 sprigs fresh oregano or thyme, or 1 tablespoon dried

Stew:

- 2 tablespoons olive oil
- 2 lb (900 g) goat stewing steak, cut into cubes
- 3 white onions (approx. 1 lb.), sliced
- 6 gloves garlic, crushed
- 2 tablespoons tomato paste
- 4 medium-size green peppers (approx. 1 lb.), deseeded and sliced
- 5 medium-size zucchini (approx. 2 lb.), sliced
- ½ white cabbage (approx. 1 lb.), sliced
- salt + pepper to taste
- 2 teaspoons dried Italian herbs
- Tabasco sauce to taste
- 4 pinches ground coriander
- 4 pinches ground cumin

METHOD: Next month - and already on www.naturaleater.com

Questions**Mixing Nuts and Seeds**

Q. *I do not mix nuts and seeds in my diet. You say flaxseed is actually a nut. Should I eat it therefore with nuts, or with seeds?*

A. It is fine to mix flaxseed "nuts" with the seeds. Sometimes the botanical classification as a "nut" is not helpful since nuts are just a kind of seed anyway and it is really the nutritional and physical characteristics that count. However, we are not keen on your eating seeds in general (see your next question).

What Seed Variety?

Q. *I usually eat sesame, sunflower and pumpkin seeds. Should I also include other varieties?*

A. No. Seeds in general are not human food and they just create problems for the body, particularly if uncooked.

Of the ones you mention, we would avoid sunflower in particular: it is adding unwanted omega-6 intake.

Sulfites for Gut Problems

Q. *Many bottled and canned drinks contain "sulfites" (added as preservatives). Are they harmful?*

A. Yes. We answered this in the January 2006 Newsletter.

In brief: consuming sulfurous foods encourages overgrowth of sulfur-eating bacteria in the gut. These, in turn, crowd out "good" bacteria and help wreck proper gut function. See the series Colon Briefings, Newsletters: [Sept 2005](#) to [March 2006](#).

However, if you are not consuming a lot of processed foods (you are not, are you!), then your intake is probably within the body's tolerance levels.

Nuts and Other Oil

Q. *I eat a lot of nuts and seeds, which provide a lot of oil. Should I therefore remove the other oils (flax and canola [rapeseed] oil) from my diet?*

A. No. In fact you might need the extra omega-3 that the flax and Canola oil provide. See [June 2006](#).

Cinnamon not Toxic

Q. *I have heard that cinnamon is, in some way, poisonous: true?*

A. The short answer is no – at least not for human beings! Cinnamon has a remarkable ability to kill the nasty O157 strain of E. coli² and

also listeria and salmonella. It is even effective when applied externally against nits³. Agro-industry is excited by the potential of cinnamon essential oils killing aflatoxin-producing funguses that poison crops such as peanuts and soy⁴.

Vegan: Subs for Animal Flesh

Q. *I am a pure vegan since childhood so it is just too late to mentally agree to animal food. Can you suggest a vegan substitute?*

A. You do not need to do anything special if you are following the Natural Eating precepts and strictly avoid grains, legumes and starches.

If you are concerned about protein intake, nuts are at least as rich as animal food. Anyway, protein is present in all non-starch vegetation – just eat like the arch-vegan, the gorilla! However, you need to supplement with vitamin B12.

See the [October 2005](#) and [November 2005](#) Newsletters.

Case Notes**Natural Eater and Uric Acid**

A long-time follower of the Bond Effect came for advice. Her doctor had made a blood test. All vital signs were "perfect" except for one: "high" uric acid levels. Her doctor prescribed medication which she would have to take for the rest of her life.

Chronically high uric acid levels will lead to gout, joint pain and kidney disease. However, the client did not have any of these signs. In fact she was of trim weight and enjoyed very good general health.

We had several thoughts:

- If uric acid level is the only factor wrong in otherwise very good blood work, then it is possible that this is a false or anomalous result.

- The uric acid level was elevated but was not, according to some authorities, in the abnormal zone where medication is indicated.

- The Bond Effect precepts do not normally lead to high uric acid production in the body. Uric acid, in part, is a by-product of the consumption of "purines", a compound found particularly in foods like organ meats and beans.

- The client was not fat and did not have high blood pressure, both risk factors for high uric acid.

- Alcohol consumption, particularly red wine and beer, can increase uric acid levels.

- Uric acid levels can vary throughout the day (higher in the morning)

The client confirmed that she did drink some two glasses of red wine every day with her evening meal.

We suggested the following:

- In view of the fact that she had no symptoms, she not take the medication for the time being.

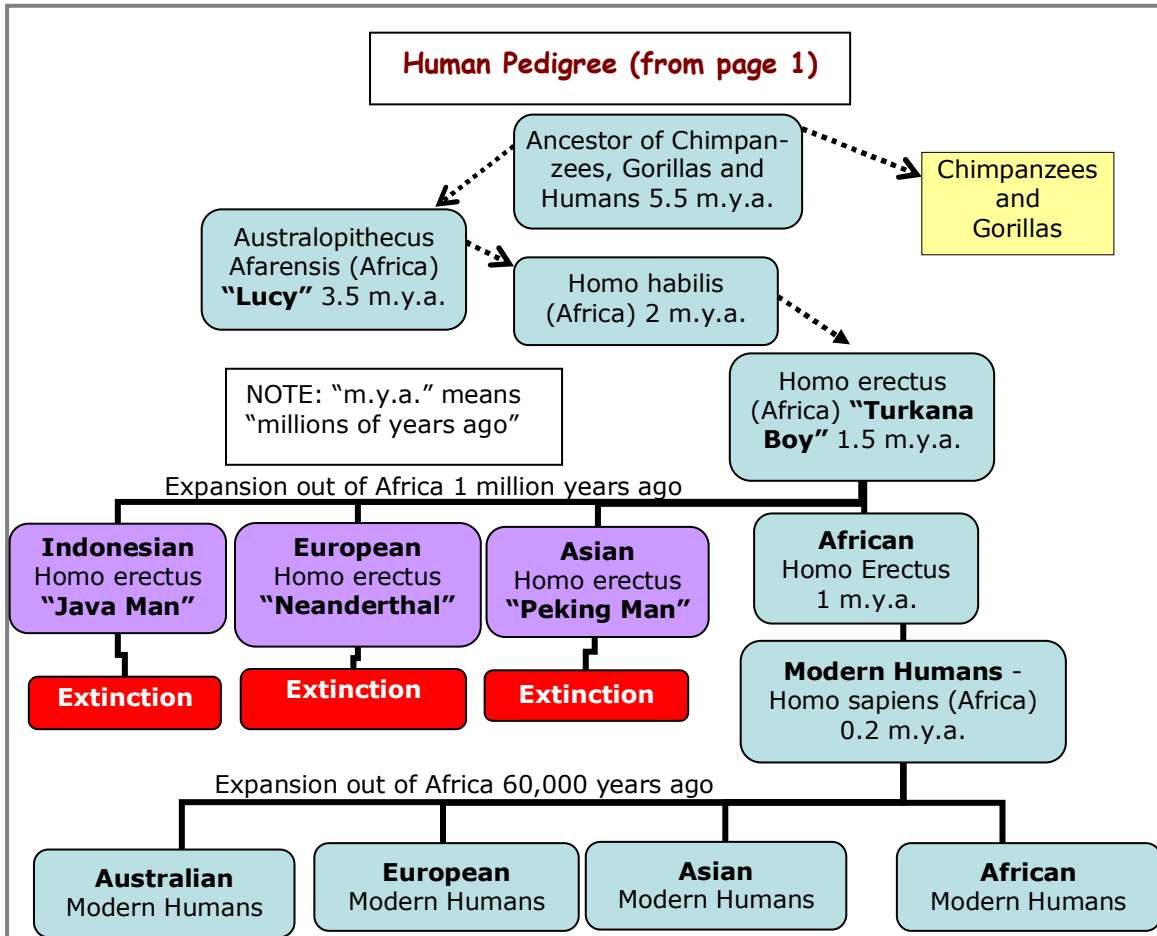
- That, in case the first test was a false positive, she take a second test in about two weeks time.

- That she cut down on her consumption of red wine.

She did as we suggested. When she returned to her doctor and took a second test -- it came up normal.

We don't know what worked. Maybe the first test was indeed a false result. Maybe the red wine was the culprit. Maybe something else entirely was responsible.

The moral simply is this: that it can pay to be cautious before leaping to assumptions about the need for medication, especially if you are a Natural Eater. Often there are other, unimaginable, factors at work that, left to themselves, sort themselves out. Nevertheless, always keep your doctor in the loop.



The above human family tree shows, in broad terms, current thinking about our ancestry. The main tools used are the study of fossils and the study of DNA. DNA techniques are very powerful and work very well up until about 0.1 m.y.a (100,000 years ago). For this reason we can be sure that Java Man, Neanderthal and Peking Man were a different species - yet evolved out of a common ancestor, *Homo erectus*.

Likewise, we can be sure that our ancestors arose in Africa some 200,000 years ago from a group of *Homo erectus* people. As we go further back in time, we have to rely entirely on the fossil record, which gets progressively sparse. (It has not been possible to recover DNA from older remains.) For this reason, the links back to *Homo habilis* and then to Lucy are less secure and are shown with dotted arrows.

Lucy was a small, 3 foot (90 cm) tall creature, somewhat like a chimpanzee but with leg bones made for walking upright. Many other features too identify her as on the human lineage rather than the chimpanzee and gorilla one. By the time Lucy's descendants evolved into *Homo erectus* (represented by Turkana boy) the males were some 6 foot tall.

Food/Disease Links

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

Macular Degeneration (1)

Macular degeneration is an irreversible deterioration of the eye's retina. It is the most common cause of blindness in the over 65's. The retina is protected by pigments called "lutein" and "zeaxanthin". These compounds are plant antioxidants and their job is to mop up retina-destroying free radicals.

The Micronutrient Connection:

Virtually all colored plant food contains "lutein" and "zeaxanthin". People who consume a high plant diet, notably spinach, cabbage and broccoli, have a 60% lower risk of developing the disease⁵. In another study, Heidelberg researchers found that kiwi-fruit, orange bell peppers, red grapes, zucchini, eggs, and even red wine are equally effective⁶.

Next Month: The Oil Connection.

Human Heritage

Landscape for Mood

Sociologist Scott Yabiku is studying the effect of landscape on people's sociability. He finds that people feel better about their neighbors if they have water-loving shade trees and grass in their own gardens compared to those people who have their yards laid out to desert planting with rocks and cactuses⁷.

It seems that our savanna-bred natures play through into our emotions in unexpected ways. We feel more at ease, more sociable and less worried if we are in surroundings that reflect our ancestral homeland.

Yabiku's observations reinforce those of Dr Frances Kuo ([July 2005](#)) who found that children who played

in park-like surroundings had much less ADHD compared to those who played in asphalted, built-up areas.

Food Policy

Health Warning for Milk?

The consumer lobby, Physicians Committee for Responsible Medicine (PCRM) is suing the Court of Appeals to rule that milk should carry a health warning. The defendants include Giant Food and Safeway.

PCRM argues that most people are unaware that milk can cause severe gastrointestinal symptoms in up to 90% of the population. Giant Food and Safeway argue that warnings would cause a decline in sales.

There we have it. In a collision between consumer interest and agro-industry, the consumer gets the short end of the stick. We hope that PCRM obtains judgment – but don't count on it.

Good to Know

Vitamin C in a Nutshell (2)

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

Fruit Juice (2): Secondly, fruit juices that have been processed (from concentrate, pasteurized etc.) are not as effective as freshly squeezed. Reason? The manufacturers remove many of the vital cofactors because they are bitter tasting. (See Dr. Nöll on useful bitter substances, Newsletters, [August 2000](#) to [September 2005](#))

Vitamin C – How Often?

The body uses vitamin C supplements in about two hours and then clears it from the blood within three to four hours. These times are prolonged by up to 50 to 70% if the source is natural, unprocessed fruit rather than chemical ascorbic acid.

For this reason, we like to follow the forager eating patterns: eat plant food (naturally rich in vitamin C and its cofactors) regularly throughout the day.

Next Month: Vitamin C Overdose.

From Page 1

Social Anthropology

Ramadan and Fasting

Geoff Bond writes:

I have lived and worked in many Moslem countries where I have had to follow the same fasting routine. It is certainly tough, particularly when working in some remote village through the heat of the day.

Not all Moslems can, or want, to keep up. In some circles, they simply reverse night and day: feast and make merry all night long and sleep during the day. Others discreetly continue their daytime meals in the privacy of their homes.

What of the health consequences? If followed properly, the fasting during the day is a great way to limber up the body's system for releasing fat from the fat cells. It is interesting that dehydration is not a problem. In fact the body can easily withstand the absence of water for 12 to 14 hours provided rehydration follows.

Laughter the Best Medicine

Family Values

Two guys discussed family trends on sex, marriage and values. Stu said, "I didn't sleep with my wife before we got married, did you?"

Leroy replied, "I'm not sure... What was her maiden name?"

Upcoming Private Events

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

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