

NATURAL EATING

Eating In Harmony With Our Genetic Programming



Part II

GUIDE

Natural Eating in a Nutshell

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And you'll keep your energy up. Sure, your snack stash at work will have to get a lot bigger (and probably change in composition), but natural foods are easy to take with you. And trust us, you're not going to miss that late-morning hunger attack or mid-afternoon "sinking spell" a bit. **A**nd there is a bonus. Food preparation is easier! Less cooking and fewer complicated meals.

Ready....Set.....Eat! Timing Your Meals.

Allow the following periods after a meal if you're changing to another category with the next meal. For vegetables, timing is less important because they can be mixed with all the other food types, though ideally you would eat fruit only by itself.

	MINIMUM	IDEAL
• AFTER FRUIT	15 MINUTES	25 MINUTES
• AFTER STARCH	1 HOUR	1½ HOURS
• AFTER PROTEIN	2 HOURS	3 HOURS

To Cook Or Not To Cook?

With fruits and vegetables, raw is best (not to mention easiest). If you're cooking, then steaming, blanching or stir-frying are the best ways.

Calories? Who Cares?

If you're truly following the Natural Eating regimen, you'll never have to count another calorie. Just eat till you're satisfied. Your body, because you're not giving it mixed signals now, will do the rest.

Carbohydrates: The Bad Guys And The Good Guys.

Your body chemistry is designed to work best with low-calorie fuel. Fruits and vegetables are low-calorie. As we've seen, the body doesn't cope well – not at all – with a lot of high-calorie “rocket fuel,” the bad carbohydrates. They're what sent your blood sugar shooting up to those dangerous peaks on that chart a few pages ago.

The Glycemic Index.

This measures how likely a food is to send your blood sugar out of control. The standard used in this chart is glucose with an index of 100. The closer a food is to that glucose index of 100, the worse it is for your blood sugar. Low numbers are what you want.

EXAMPLE OF GLYCEMIC INDEXES (refer to Web site for more food items)	
BAD CARBOHYDRATE:	BORDERLINE CARBOHYDRATE:
• CORN FLAKES 85	• PIZZA 60
• BAKED POTATO 85	• RICE 60
• BREAD 70	• RYE KERNEL BREAD 45
• SUGAR 65	• OATMEAL 45

Need To Change Your Oil?

THESE ARE FAVORABLE <i>(in small quantities)</i>	THESE ARE BAD <i>(in any quantity)</i>	
<ul style="list-style-type: none">• CANOLA OIL• WALNUT OIL• OLIVE OIL• FLAX OIL• THE OILS IN OILY FISH	<ul style="list-style-type: none">• SUNFLOWER OIL• SAFFLOWER OIL• CORN OIL• PEANUT OIL• BUTTER	<ul style="list-style-type: none">• ANIMAL FAT• HYDROGENATED OILS• TRANS-FATTY ACIDS• PALM OIL• COCONUT OIL

Good oils suppress inflammation and have a blood-thinning effect. Bad oils contain fatty acids that promote blood clotting and inflammation, immune depression and histamine production. This leads to hardened arteries, heart disease, arthritis, allergies, cancer growth and other consequences you definitely want to do without.



PLANNING OUT YOUR MEALS.

The Golden Rules Of Natural Eating (In Ideal Terms, Of Course).

1. *Think BIG. You'll have to get used to preparing large quantities of fruit and vegetables. PUT VEGETABLES AT THE CENTER OF YOUR PLATE!*
2. *Eat a minimum of one large salad and one pound of fruit every day.*
3. *Keep meals simple. The fewer items the better.*
4. *Prefer raw vegetables to cooked.*
5. *Eat fruit by itself, never in combination with other food types.*
6. *Never combine proteins and starches.*
7. *RESTRICT bad carbohydrates.*
8. *Forget counting calories.*
9. *STRICTLY LIMIT all red meat.*
10. *LIMIT consumption of milk. Ban it if there are any signs of intolerance.*
Use cheese as an occasional gourmet experience.
11. *Be FRUGAL with fats and oils. Replace cereal oils and animal fats with modest quantities of good oils like canola and olive.*
12. *RESERVE cakes, pastries, puddings, tarts for red-letter days – like in the old days.*



Good Foods To Eat In Bulk.

Eat as much of these as you like.

Vegetables

- *Alfalfa sprouts*
- *Artichoke*
- *Asparagus*
- *Bean sprouts*
- *Bell (sweet) pepper*
- *Bok choy*
- *Broccoli*
- *Brussels sprouts*
- *Cabbage*
- *Cauliflower*
- *Celeriac*
- *Celery*
- *Chicory*
- *Cress*
- *Cucumber*
- *Eggplant*
- *Endive*
- *Fennel*
- *French beans*
- *Garlic*
- *Green beans*
- *Kale*
- *Kohl rabi*
- *Leeks*
- *Lettuce*
- *Mushrooms*
- *Okra*
- *Onions*
- *Peas (sugar-snap)*
- *Radishes*
- *Spinach*
- *Spring onions*
- *Squash*
- *Swiss chard*
- *Turnips*
- *Vegetable marrow*
- *Watercress*
- *Zucchini*

Fresh Fruits

- *Apples*
- *Apricots*
- *Blackberries*
- *Cherries*
- *Grapefruit*
- *Oranges*
- *Peaches*
- *Pears*
- *Plums*
- *Raspberries*
- *Strawberries*
- *Tomatoes*

NATURAL EATING FOR BEGINNERS.

As this schedule of priorities shows, it's easy to start incorporating the principles of Natural Eating into your life. And remember, any little step makes an important difference.

Food combining

EAT FRUIT ONLY ON AN EMPTY STOMACH — OBLIGATORY!

TRY TO AVOID COMBINING ANIMAL PROTEINS WITH STARCHES.

TRY TO AVOID COMBINING VEGETABLE PROTEINS WITH STARCHES.

TRY TO KEEP EACH MEAL SIMPLE.

EATING SEVERAL CONSECUTIVE SINGLE-ITEM COURSES IS BETTER THAN EATING
SEVERAL ITEMS AT ONCE.

TRY TO EAT LITTLE BUT OFTEN — BUT AVOID BAD CARBOHYDRATE SNACKS!

Fruit

EAT AT LEAST 1 APPLE A DAY AND 1 CITRUS FRUIT A DAY. MORE IS BETTER!

ONLY EAT FRUIT ON AN EMPTY STOMACH.

Starch/Sugars

EAT LESS STARCH. NO MORE THAN 8 OUNCES PER DAY.

BREAD, PASTA AND RICE: SUBSTITUTE WHOLE-GRAIN FOR WHITE.

SUBSTITUTE GREEN VEGETABLES FOR POTATOES AND SWEET CORN IN MAIN DISHES.

REPLACE SUGAR WITH ARTIFICIAL SWEETENERS. (FRUCTOSE IS OK, BUT REMEMBER
IT IS STILL EMPTY CALORIES.)

Vegetables and Salads: Put these at the center of the plate!

SUBSTITUTE GREEN VEGETABLES FOR POTATOES AND SWEET CORN IN MAIN DISHES.

COOKING: FRY AND BOIL LESS; STEAM, MICROWAVE OR STIR-FRY MORE.

EAT MORE SALADS AND RAW VEGETABLES. TRY TO EAT SOME EVERY DAY.

AVOID CANNED VEGETABLES.

Animal Protein

EAT NO MORE THAN 6 OUNCES PER DAY. EATING NONE IS FINE.

MEAT: REDUCE ALL KINDS OF MEAT AS MUCH AS POSSIBLE.

FISH: FAVOR OILY FISH LIKE SALMON AND TUNA. CANNED IS OKAY. AVOID BREADED

OR BATTERED.

COOKING: STEAM, BROIL OR BAKE. ESCHEW DEEP FRYING AND BARBECUES!

EGGS: EAT NO MORE THAN 6 A WEEK.

POULTRY (DUCK, GOOSE, CHICKEN, TURKEY): REDUCE CONSUMPTION. ALWAYS

REMOVE SKIN.

Vegetable Protein: Eat no more than six ounces per day.

NUTS: EAT 2 OUNCES PER DAY — BUT NO MORE THAN 4 OUNCES.

CASHEW NUTS, WALNUTS, BRAZIL NUTS, ALMONDS — GOOD. PEANUTS — TOLERABLE.

Dairy Products

MILK: DRINK LESS MILK. NONE IS BEST.

REPLACE BUTTER WITH CANOLA MARGARINE. USE LESS.

YOGURT: FAVOR UNSWEETENED, PLAIN, LOW-FAT YOGURT. NONE IS BEST.

CHEESE: EAT LESS, NO MORE THAN 2 OUNCES PER DAY.

NONE IS BEST.

COTTAGE CHEESE IS OK. NONE IS OK.

AVOID CREAM, SOUR CREAM, BUTTERMILK, CREME FRAICHE.

Bad Carbohydrates

CEREALS: CUT DOWN ON PROCESSED CEREALS — CORNFLAKES, RICE CRISPIES, CHEERIOS, WEETABIX, ETC.

ALLBRAN OK IN MODEST QUANTITIES.

CUT DOWN ON CAKES, PASTRIES, CANDIES. TRY TO HAVE SEVERAL DAYS A WEEK FREE OF THESE.

SUBSTITUTE “DIET” FOR “REGULAR” COLAS AND SODAS.

MANUFACTURED AND PROCESSED PRODUCTS: FIND THE VERSION LOWEST IN BAD CARBOHYDRATES. READ THE INGREDIENT LIST.

BEER: DRINK LESS.

WINE: DRINK ONLY DRY.

Oils and Fats

SALAD DRESSING: SWITCH TO A SIMPLE CANOLA OR COLD-PRESSED OLIVE OIL DRESSING.

AVOID BOTTLED DRESSINGS. READ THE INGREDIENT LIST.

DRESSING FOR COOKED VEGETABLES: COLD-PRESSED OLIVE OIL, CANOLA OIL, WALNUT OIL.

CANOLA MARGARINE: USE SPARINGLY. SUBSTITUTE HUMMUS SPARINGLY OR GUACAMOLE.

COOKING: USE CANOLA OIL OR OLIVE OIL — SPARINGLY.

Sundry

TEA AND COFFEE: AVOID DRINKING WITH MEALS.

For Slimming Down

ABSTAIN TOTALLY FROM ALCOHOL.

ABSTAIN TOTALLY FROM BAD CARBOHYDRATES.

NATURAL EATING — THE ADVANCED VERSION.

Food combining

EAT FRUIT ONLY ON AN EMPTY STOMACH — OBLIGATORY!

AVOID COMBINING ANIMAL PROTEINS WITH STARCHES.

AVOID COMBINING VEGETABLE PROTEINS WITH STARCHES.

KEEP EACH MEAL SIMPLE.

EATING SEVERAL CONSECUTIVE SINGLE-ITEM COURSES IS BETTER THAN EATING
SEVERAL ITEMS AT ONCE.

EAT LITTLE BUT OFTEN — BUT AVOID BAD CARBOHYDRATE SNACKS.

Fruit

EAT AT LEAST 2 POUNDS OF FRUIT (E.G., 3 APPLES, 1 ORANGE AND 3 PEARS) A DAY.

(INCLUDE AT LEAST 1 APPLE AND 1 CITRUS FRUIT.) PREFER ORGANIC.

EAT MELON BY ITSELF.

Starch/Sugars

EAT LESS STARCH. NO MORE THAN 4 OUNCES PER DAY.

BREAD: EAT ONLY WHOLE-KERNEL RYE. LIMIT TO 2 SLICES PER DAY.

PASTA: EAT ONLY WHOLE-WHEAT PASTA. LIMIT TO 3 OUNCES DRY WEIGHT PER DAY.

RICE: EAT ONLY WHOLE-GRAIN (SLOW COOKING) RICE. LIMIT TO 2 OUNCES DRY
WEIGHT PER DAY.

SUBSTITUTE GREEN VEGETABLES FOR RICE, POTATOES AND SWEET CORN
IN MAIN DISHES.

BAN SUGARS. USE ARTIFICIAL SWEETENERS SPARINGLY.

Vegetable and Salads: Put these at the center of the plate!

EAT AT LEAST 3 POUNDS (E.G., ONE HEAD OF LETTUCE + ONE HEAD OF BROCCOLI +
ONE PACK FROZEN STIR-FRY VEGETABLES + TWO TOMATOES + HALF CUCUMBER)
PER DAY. PREFER ORGANIC.

COOKING: DON'T FRY OR BOIL. STEAM, MICROWAVE OR STIR-FRY. COOK LIGHTLY.
 EAT SALADS AND RAW VEGETABLES EVERY DAY. INCLUDE ONE RAW "SUPER-
 VEGETABLE" (CABBAGE, BROCCOLI, CAULIFLOWER, BRUSSELS SPROUTS).
 AVOID CANNED VEGETABLES.

Animal Protein

EAT RARELY. NO ANIMAL PROTEIN PER DAY IS FINE.
 MEAT: EAT NO MORE THAN ONCE A MONTH. TOTAL ABSTENTION IS BEST.
 POULTRY (DUCK, GOOSE, CHICKEN, TURKEY): EAT NO MORE THAN 6 OUNCES A WEEK. NONE
 IS OKAY. ALWAYS REMOVE SKIN.
 FISH: EAT NO MORE THAN 3 OUNCES THREE TIMES A WEEK. TOTAL ABSTENTION OK.
 COOKING: STEAM, BROIL OR BAKE. SHUN DEEP FRYING!
 EGGS: EAT NO MORE THAN 6 A WEEK. NONE IS FINE. BUY FREE RANGE.

Vegetable Proteins

EAT AT LEAST TWO OUNCES PER DAY; NO MORE THAN FOUR OUNCES PER DAY.
 LENTILS, BEANS, SOY BEAN, TVP (SOY BEAN PROTEIN), TOFU: NONE IS OK
 EXCEPT FOR VEGANS.
 NUTS: EAT 2 OUNCES PER DAY — BUT NO MORE! BRAZIL NUTS, WALNUTS, ALMONDS,
 CASHEW NUTS ARE BEST. PEANUTS ARE BEST AVOIDED.

Dairy Products

MILK: DRINK NONE. USE FRUGALLY AS CONDIMENT (IN TEA, COFFEE, ETC.). NEVER
 USE IN COOKING.
 ABSTAIN FROM BUTTER. SUBSTITUTE WITH HUMMUS (SPARINGLY), GUACAMOLE.
 NONE IS BEST.
 YOGURT: FAVOR UNSWEETENED, LOW-FAT YOGURT. NONE IS BEST.
 CHEESE: NO MORE THAN 4 OUNCES PER WEEK. SAVE THE RATION FOR A GOURMET
 CHEESE. EATING NONE IS OK.
 COTTAGE CHEESE: OK, BUT NONE IS BEST.
 ABSTAIN FROM CREAM, SOUR CREAM, BUTTERMILK, CREME FRAICHE, ETC.

Bad Carbohydrates

BAN PROCESSED CEREALS: CORNFLAKES, RICE CRISPIES, CHEERIOS, WEETABIX, ETC.

ALLBRAN OK IN MODEST QUANTITIES.

CAKES, PASTRIES, CANDIES: SAVE FOR THE RARE OCCASION.

DRINK ONLY DIET SODAS. LIMIT THEIR CONSUMPTION TO THE RARE OCCASION.

MANUFACTURED AND PROCESSED PRODUCTS: AVOID! READ THE INGREDIENT LIST!

BEER: LIMIT BEER TO SPECIAL OCCASIONS WHEN YOU CAN HAVE A GOOD PINT OF REAL ALE.

WINE: DRINK ONLY DRY. NO MORE THAN HALF A BOTTLE A DAY.

Oils and Fats

SALAD DRESSING: SWITCH TO A SIMPLE CANOLA OR COLD-PRESSED OLIVE OIL

DRESSING. WALNUT OIL, FLAX OIL GOOD TOO. AVOID MOST BOTTLED DRESSINGS
(READ THE INGREDIENT LIST).

DRESSING FOR COOKED VEGETABLES: CANOLA, WALNUT OIL, FLAX OIL,
COLD-PRESSED OLIVE OIL.

BUTTER: AVOID TOTALLY.

COOKING: USE CANOLA OIL OR OLIVE OIL. LIMIT QUANTITIES.

MARGARINE: USE ONLY CANOLA NON-HYDROGENATED SPREAD — VERY RARELY. TRY
GUACAMOLE AS SPREAD.

Sundry

TEA AND COFFEE: DECAFFEINATED ONLY. LIMIT CONSUMPTION. AVOID DRINKING
WITH MEALS.

SALT: TRY TO AVOID USING IN COOKING OR AT THE TABLE. AVOID IT IN PROCESSED
PRODUCTS. READ INGREDIENT LIST!

For Slimming Down

ABSTAIN TOTALLY FROM ALCOHOL.

ABSTAIN TOTALLY FROM BAD CARBOHYDRATES.

SURVIVING IN THE REAL WORLD.

As we've said, all these guidelines are a counsel of perfection, the ideal case. In the real world, you'll have to make compromises. It's pretty simple, though. When eating out, order two side salads instead of the fries. Go for the spaghetti (low Glycemic Index – see page 32) dish with olive oil dressing instead of the really bad combinations (and high Glycemic Index) like pizza.

When shopping, read labels carefully and skip the processed stuff and “bad” ingredients. Save your lapses for special occasions when you can make the most of them! And remember, the longer you've been eating naturally, the more your body can afford to indulge in “minor sins.” Start with small steps if you have to, but do start now. We wish you good health and good eating.

SO, ANY QUESTIONS?

Q: WHAT DO I DRINK WITH ALL THIS?

A: HERE'S THE RUNDOWN ON SOME OF THE MORE POPULAR BEVERAGES.

WATER. FINE, OF COURSE. BUT ONE GOOD THING ABOUT NATURAL EATING IS THAT YOU DON'T HAVE TO FORCE YOURSELF TO DRINK A LOT OF WATER. YOU'LL GET SEVERAL PINTS A DAY JUST FROM THE FRUITS AND VEGETABLES!

COFFEE, TEA AND CAFFEINATED SOFT DRINKS. A LITTLE CAFFEINE (ABOUT THE AMOUNT IN A CUP

OF COFFEE) IS OKAY. MORE THAN THAT PROVOKES THE SECRETION OF INSULIN. INSTANT COFFEE IS BETTER THAN BREWED. CAFFEINE-FREE BEVERAGES ARE THE BEST IDEA. HERB TEAS ARE JUST FINE IN UNRESTRICTED QUANTITIES.

BEER, WINE AND LIQUOR. OPT FOR SUGAR-LESS (DRY) ALCOHOL IN MODERATION. ALTHOUGH NO ALCOHOL IS BEST, A LITTLE DRY WINE (PREFERABLY RED) WITH FOOD IS FINE. BEER, SWEET WINE AND LIQUEURS FALL IN THE “BAD CARBOHYDRATE” CATEGORY. IF YOU'RE A

BEER DRINKER, YOU MIGHT CONSIDER HOLDING OUT FOR A PINT OF THE GOOD STUFF NOW AND THEN AS A TREAT.

FRUIT JUICE. JUICING (EVEN BY HAND), PASTEURIZING, CONCENTRATING AND RECONSTITUTING ALL DESTROY NATURAL FRUIT FIBERS AND MANY OF THE ESSENTIAL MOLECULES. WHAT'S MORE, WHEN YOU DOWN A GLASS OF JUICE YOU'RE GETTING A FASTER DOSE OF SUGAR, RAISING YOUR INSULIN LEVEL. BETTER JUST TO EAT THE FRUIT WHOLE.

Q: I'M NOT INCLINED TO GIVE UP MEAT. SO, HOW MUCH IS TOO MUCH?

A: UNFORTUNATELY, ANY IS REALLY TOO MUCH. IT PLAYS A ROLE IN EVERYTHING FROM ARTHRITIS TO OBESITY, CONSTIPATION TO CANCER. OVER AGES OF BREEDING, THE BODY-FAT CONTENT OF FARM ANIMALS HAS BEEN INCREASED FROM 4 PERCENT TO NEARLY 40 PERCENT.

THE STRATEGY IS TO FIND MODERN-DAY EQUIVALENTS TO OUR ANCESTRAL, ULTRA-LEAN "ANIMAL MATTER."

SKINLESS POULTRY (ESPECIALLY TURKEY) IS BETTER THAN MEAT. FISH IS BETTER THAN FOWL. MAYBE A REASONABLE COMPROMISE IS TO EAT NATURALLY AS MUCH AS YOU CAN, SKIP THE

CHEAP BURGERS AND INDULGE IN A REALLY GOOD CUT NOW AND THEN. PROTEIN-BASED (READ THE LABELS) VEGGIE BURGERS MIGHT HELP SATISFY YOUR URGE, TOO.

EITHER WAY, DON'T THINK YOU HAVE TO BE EATING A LOT OF PROTEIN FOOD. THE AMOUNT THAT FITS INTO A CUPPED HAND (WHETHER IT BE FISH, CHICKEN, EGGS, CHEESE OR SOY PROTEIN) ONCE A DAY IS PLENTY.

Q: IF I EAT MAINLY VEGETABLES AND FRUIT, WILL I END UP SHORT ON PROTEIN?

A: NO. VEGGIES AND EVEN FRUITS DO CONTAIN PROTEIN — NOT A LOT OF IT, TRUE, BUT THEN THAT'S REALLY WHAT'S BEST FOR YOUR BODY'S MAKEUP. WE'RE DESIGNED TO EAT LARGE QUANTITIES OF FOODS THAT CONTAIN MODEST AMOUNTS OF PROTEIN. WITH FRUITS AND VEGETABLES AS THE STAPLES OF YOUR DIET, THE PROTEIN ADDS UP JUST RIGHT, AND IN A WAY THAT DOESN'T STRESS YOUR BODY THE WAY CONCENTRATED DOSES OF PROTEIN DO. IF IN DOUBT, JUST REMEMBER THE EXAMPLE OF THE GORILLA. HE'S A STRICT VEGETARIAN YET CLEARLY GETS ALL THE PROTEIN HE NEEDS FOR MUSCLE MASS.

GLOSSARY

Amino Acids

AMINO ACIDS ARE THE BUILDING BLOCKS OF PROTEINS. THERE ARE ABOUT 20 OF THEM THAT THE BODY COMBINES, IN ENDLESS PERMUTATIONS, INTO THE TENS OF THOUSANDS OF DIFFERENT PROTEINS THAT THE BODY NEEDS. THE BODY CAN MAKE MANY OF THE AMINO ACIDS THAT IT NEEDS. HOWEVER, 10 OF THEM ARE "ESSENTIAL" AND HAVE TO BE DECONSTRUCTED FROM THE PROTEINS IN FOOD.

Protein

PROTEINS ARE COMPLEX MOLECULES MADE UP OF AMINO ACIDS. THERE ARE MORE THAN 50,000 DIFFERENT KINDS OF PROTEIN IN THE HUMAN BODY. THEY ARE THE CHIEF CONSTITUENTS OF MUSCLE, SKIN AND BLOOD CELLS — AND OF HORMONES, ENZYMES AND MANY OTHER ESSENTIAL MOLECULES.

PROTEINS FROM ANIMAL SOURCES LIKE MEAT, FISH, MILK AND POULTRY ARE SOMETIMES KNOWN AS "HARD PROTEINS" BECAUSE THEY ARE HARDER TO DIGEST AND METABOLIZE. OFTEN, OTHER PROBLEM CONSTITUENTS, SUCH AS SULFUR, HAVE TO BE DISPOSED OF BY THE LIVER.

PLANTS CONTAIN PROTEINS. LEGUMES AND NUTS (BOTH OF WHICH ARE A FORM OF A SEED) ARE

PARTICULARLY RICH IN PROTEIN, RICHER IN MANY CASES THAN ANIMAL PROTEIN. YOUNG PLANTS (LIKE THE ONES THAT HUMANS EAT — SALADS AND VEGETABLES) ARE RICHER IN PROTEIN THAN MATURE LEAVES. PROTEINS FROM PLANTS ARE SOMETIMES KNOWN AS "SOFT PROTEINS" SINCE, ON THE WHOLE, THEIR DIGESTION AND METABOLIZATION ARE EASIER.

PROBLEMS ARISE BOTH WHEN WE EAT TOO LITTLE PROTEIN AND WHEN WE EAT TOO MUCH. IN GENERAL, PEOPLE IN THE WESTERN WORLD EAT FAR TOO MUCH PROTEIN, LEADING TO ILLNESSES LIKE ACIDOSIS, OSTEOPOROSIS AND KIDNEY DISEASE.

Fats and Oils

OILS ARE SIMPLY FATS THAT ARE LIQUID AT ROOM TEMPERATURE. ANYONE WHO HAS PUT A BOTTLE OF OLIVE OIL IN A COLD REFRIGERATOR WILL HAVE SEEN HOW THE OIL TURNS SOLID — IT BECOMES FAT. IT IS NEVERTHELESS EXACTLY THE SAME COMPOUND AND READILY TURNS BACK INTO OIL AT ROOM TEMPERATURE. THE WORDS "FATS" AND "OILS" ARE THEREFORE INTERCHANGEABLE. HERE WE WILL JUST USE THE WORD FATS, AND THAT MUST BE TAKEN TO INCLUDE OILS TOO.

FAT MOLECULES ARE COMPOSED OF THREE FATTY ACIDS ATTACHED TO A GLYCEROL MOLECULE.

WHEN WE DIGEST A FAT, THE MOLECULE IS BROKEN DOWN INTO ITS COMPONENT PARTS. THE FATTY ACIDS CIRCULATE IN THE BLOODSTREAM AND ARE KNOWN AS "TRIGLYCERIDES." THERE ARE ABOUT 16 DIFFERENT FATTY ACIDS COMMONLY PRESENT IN TODAY'S FOODS. THE BODY IS NOT DESIGNED TO COPE WITH MOST OF THE SATURATED FATTY ACIDS.

FAT CAN BE CLASSED AS EITHER SATURATED, POLY-UNSATURATED OR MONO-UNSATURATED, ACCORDING TO THE TYPE OF CHEMICAL BOND PRESENT IN THE MOLECULE.

Hydrogenated Fats and Trans-Fatty Acids

THESE ARE MUCH THE SAME THING. THEY ARE MADE ARTIFICIALLY BY MANUFACTURERS WHO WANT TO TURN AN OIL INTO A FAT. IN EFFECT, THEY ARE CONVERTING POLY-UNSATURATED OILS (LIKE SUNFLOWER OIL OR FISH OIL) INTO SATURATED FATS. THEY ARE COMMONLY FOUND IN MARGARINES AND IN MANY BAKED PRODUCTS LIKE CAKES AND COOKIES. THESE ARTIFICIAL FATS ARE JUST AS BAD FOR HEALTH AS THE REAL THING (SATURATED FAT).

Saturated Fats

THE BODY HAS NOT BEEN DESIGNED TO WORK WITH MOST KINDS OF SATURATED FAT (AS FOUND IN

MOST RED MEATS, MILK AND BUTTER). THEY ENCOURAGE MANY DISEASES LIKE HEART DISEASE, HARDENING OF THE ARTERIES, THROMBOSIS, HIGH CHOLESTEROL LEVELS AND DEPRESSED IMMUNE SYSTEM. THEY ALSO INTERFERE WITH THE METABOLIZATION OF THE ESSENTIAL FATTY ACIDS, THUS CREATING AN ARTIFICIAL DEFICIENCY DISEASE. THE BODY WILL FUNCTION MUCH BETTER WITHOUT ANY SATURATED FATS IN THE DIET.

Mono-Unsaturated Fats

THESE ARE HARMLESS OILS, HEAT STABLE, MOST FAMOUSLY REPRESENTED BY OLIVE OIL. NEVERTHELESS, THE BODY CAN MANAGE QUITE WELL WITHOUT THEM.

Essential Fatty Acids

ONLY TWO FATTY ACIDS ARE ESSENTIAL. THEY ARE LINOLEIC ACID AND ALPHA-LINOLENIC ACID (ALA), BOTH OF THEM POLY-UNSATURATED AND FOUND IN VEGETATION. OIL MANUFACTURERS DON'T LIKE ALPHA-LINOLENIC ACID BECAUSE IT TENDS TO GO RANCID QUICKLY, SO THEY OFTEN REMOVE WHAT LITTLE THERE IS FROM THEIR PRODUCT. HENCE, THE DEFICIENCY OF ALPHA-LINOLENIC ACID IN THE WESTERN DIET.

Essential Fatty Acid Ratio

THERE IS AN IDEAL RATIO OF LINOLENIC ACID TO ALPHA-LINOLENIC ACID IN THE DIET: FOUR TO ONE. AND WHAT DO YOU KNOW? THAT IS THE RATIO IN WHICH THEY ARE FOUND NATURALLY IN VEGETATION. TODAY, THIS RATIO IS GREATLY DISTORTED (TYPICALLY 50-TO-1 IN THE AMERICAN DIET) DUE TO THE HIGH CONSUMPTION OF VEGETABLE OILS RICH IN LINOLEIC ACID SUCH AS SUNFLOWER OIL AND CORN OIL.

Insulin

INSULIN IS A HORMONE SECRETED BY THE PANCREAS WHEN BLOOD SUGAR (GLUCOSE) RISES. ITS CHIEF ROLE IS TO ENCOURAGE MUSCLE AND FAT CELLS TO TAKE UP GLUCOSE FROM THE BLOODSTREAM AND THEREBY BRING BLOOD SUGAR LEVELS DOWN TO NORMAL.

Glycemic Index (G.I.)

THIS IS A MEASURE OF WHAT A CARBOHYDRATE DOES TO BLOOD SUGAR LEVELS. THE GLYCEMIC INDEX FOR GLUCOSE (BLOOD SUGAR) ITSELF IS DEFINED AS BEING 100. MOST FOODSTUFFS HAVE AN INDEX LESS THAN 100. AN INDEX GREATER THAN 65 IS GENERALLY QUALIFIED AS "BAD." THE BODY SIMPLY IS NOT DESIGNED TO COPE WITH SUCH A CARBOHYDRATE. AN INDEX LESS THAN 35 IS GENERALLY THOUGHT OF AS BEING "FAVORABLE."

Carbohydrates

CARBOHYDRATES ARE A MULTITUDE OF COMPOUNDS COMPOSED OF CARBON, OXYGEN AND HYDROGEN. THEY FORM SUGARS, STARCHES AND PLANT CELL WALLS. CARBOHYDRATES ARE FOUND ONLY IN PLANTS. WHEN THEY ARE DIGESTED, THEY ARE ULTIMATELY CONVERTED INTO BLOOD SUGAR (GLUCOSE).

THE HUMAN BODY IS BEST DESIGNED FOR "SLOW" (LOW G.I.) CARBOHYDRATES AS FOUND IN FRUITS AND VEGETABLES. IT IS ALSO WELL ADAPTED TO FRUCTOSE, THE SPECIAL SUGAR FOUND IN FRUIT. THE HUMAN BODY IS NOT WELL ADAPTED TO "FAST" (HIGH G.I.) CARBOHYDRATES. THESE ARE STARCHES AS FOUND IN CEREALS AND POTATOES, OR SUGARS AS FOUND IN HONEY AND SUGAR CANE.