

The Natural Eating Private Newsletter

Highlights: "Light" oil; Oxidized fat; Obesity; Hip Fractures; Blood Pressure; Diabetes; Ratatouille; Calcium bank III; Sleep tight; Health food stores; Snacks; French tour; Darwin's Key lime pie.

From The Battle Front

"Light" Label Babel

How often have you been attracted to a product because it is labeled "light"? You thought that it had fewer calories, right?

Well, here's news for you. The word "light" does not have any legal definition other than current English usage.

Food manufacturers play on the fact that consumers read the large print on labels - rarely the small print.

In the dock today stands Bertolli, maker of olive oil. They have an oil that is labeled "extra light" olive oil. There is not even small print on their label to explain what "extra light" means.

Many customers buy this oil thinking that it helps to cut down on fat consumption. None of it!

You have to enquire of their customer service department for an explanation.

According to Bertolli, "extra light refers to the oil's flavor ...which appeals to the American palate. Bertolli extra light is made in a single cold pressing with an additional filtration...The result: an all-purpose, mild-tasting olive oil that's light in flavor, color and aroma."

So there you have it. By all means purchase Bertolli "extra light" olive oil - but do so for its light flavor, color and aroma. The fat content is certainly not "light". It is just the same as any other oil - 100% fat!

News this Month

Oxidized fat promotes atherosclerosis

Researchers find that many fried and processed foods contribute to heart disease - not just because they have fat - but because the fat is oxidized when it is fried.

The typical Western diet is high in oxidized fatty acids and cholesterol. Result? Hardening of the arteries and clogged blood vessels.

Fats and most oils (like corn, peanut, sunflower and soy bean oil) break down into oxidized fats when heated. Even stir-frying with these oils, usually considered a healthy procedure, is not exempt. Olive oil however is an honorable exception.

The processing into powder of milk, eggs and cheese, (ingredients found in many cakes, cookies and "mixes") also oxidizes fat that's in them.

The researchers recommend avoiding these foodstuffs.

Source:

Arterioscler Thromb Vasc Biol 1998;18:977-983.

Predictably, the fast-and-convenience-food industry is identified as the most important source of oxidized dietary fat in the Western diet.

But this, the fastest growing segment of the food industry, remains unmoved. Sales of \$142 billion are growing at 5% compound per annum!

A complacent spokesman, Tom Miner said "Haven't we always known that fried food is bad for you? I think that the effects on fast food sales will be minimal".

Our view?

Frying and processing of fats on the scale we know today was completely unknown to our pleistocene ancestors. It is not surprising that humans do not have biological mechanisms for dealing with oxidized fatty acids.

Happily, the Natural Eater will be consuming very little fat and most of that will be uncooked and unprocessed.

Obesity: NIH releases first federal guidelines

The National Institutes of Health has issued the first guidelines to help healthcare providers treat obesity.

Statistics now show that 55% of the American population is overweight, although only 27% think that it applies to them personally!

Healthcare providers are advised to check their customers every two years for two key indicators: Body Mass Index (should be less than 25) and waist (less than 35 ins for women and 40 ins for men).

It is recommended that overweight people be encouraged to lose weight first of all by changing lifestyle activities.

Our view?

Let them sign up for the Natural Eating program!

Hip Fractures: HRT needs to be maintained.

Research demonstrates that Hormone Replacement Therapy reduces the risk of hip fractures but only if the treatment is kept up.

The beneficial effect tapers off to zero 5 years after ceasing therapy. On the other hand, women who started

therapy up to 9 years after menopause were protected.

Source: *BMJ*; 1998; 316; 1842

Our View?

Natural Eaters will be avoiding the pitfalls leading to osteoporosis and hip fractures (see Feature Article). However, for those women who come to Natural Eating late, it is certainly worth considering HRT as a back up.

Blood Pressures: Guide-lines should be lower

The HOT study carried out over 5 years on some 19,000 patients show that the optimum blood pressure is no greater than 135/80. This is independent of age, sex or current state of health.

(Current guide-lines define hypertension as being above 140/90.)

Source: *The Lancet*; 1988; June 13th.

Our View?

All studies^a on the long-lived, healthy races of the world, such as the Vincambamba of the Andes or the Hunzas of the Himalayas, show that these peoples have low blood pressures and extremely low incidence of cardio-vascular disease.

Rarely do their blood pressures exceed 130/75, even amongst centenarians. And these peoples have 13 times the rate of centenarians as America!

How do these peoples live? Plenty of physical activity - and a diet very close to the Natural Eating pattern....

^a *Nutrition Today*; Sept/Oct 1973

Incidence of type 2 Diabetes is Soaring

Adult Onset Diabetes has been increasing at 9% per annum since 1986. There is no sign of this compound rate of increase tapering off in the future.

Source: 58th annual session of the *American Diabetes Association*; June 17 1998

Our View?

The incessant rise in diabetes is a time bomb in the health of the American Population. It is due to the ever increasing consumption of bad carbohydrates.

Natural Eaters of course need never fear developing this disease. Indeed an existing diabetic will get relief and regression by adopting the Natural Eating pattern.

Recipe Corner

Ratatouille

This is a traditional country dish from the South of France which utilizes the vegetables commonly grown in that region. The dish can be eaten on its own or may be accompanied by a small piece of fish. It is equally good cold taken with other salad vegetables.

Ingredients:

- 1 green bell pepper
- 1 onion
- 2 eggplants
- 4 zucchini
- ½ can (8 oz) of peeled tomatoes
- 4 tbs. olive oil
- salt and pepper

Method:

- . Cut the onion into rings
- . dice the bell pepper,
- . peel the eggplants and cut into chunks
- . cut the zucchini into chunks
- . heat the olive oil in a large saucepan
- . add the remaining ingredients
- . cook gently for 30 minutes, stirring occasionally

Sin Bin

This dish uses wholesome, well-combined ingredients. No sinning!

Feature Article

Checks and Balances at the Calcium Bank - III

Parts I and II of this article were published in the May and June editions of this newsletter. There I talked about how futile it is to imagine that, just by consuming calcium, your body is going to do what you want with it. On the contrary, calcium metabolism is under hormonal control¹. If this control is disturbed, as it can easily

be, by erroneous eating habits, then you are just as likely to finish up with calcium in the wrong places² -- like your arteries and kidneys.

So what is to be done?

The strategy has to be this: stop doing things that run down the capital. What are the most useful things? The first, quite simply is not to eat an excess of protein. Most Americans overdose on protein. Don't forget it is in nearly everything you eat, including fruit and vegetable.

Secondly, limit consumption of salt. Excess salt causes the kidneys to raid the calcium bank to show this unwanted mineral the back door.

Thirdly, consume plenty of fruit. As discussed earlier, the minerals and vitamins in fruit ensure a good acid/base balance, a good hormonal balance and ensures good bone health. The potassium found in copious quantities both in fruit and vegetables³ mitigates the effect of excess salt and reinforces calcium metabolism.

Fourthly, avoid overdosing on certain multivitamin supplements. It has been shown that people who over-supplement on Vitamin D for example give themselves osteoporosis.

Finally, remember that osteoporosis is not the result of a calcium deficiency. It is the result of a hormone imbalance. The hormone most implicated is parathyroid hormone. Too much of it causes bone resorption and decreases bone formation.

The hormone next most implicated is estrogen. Osteoporosis is very much a disease of menopausal women. Hormone replacement therapy, utilizing estrogen, is the only medication that has been demonstrated to be helpful. *Natural Eaters* take the view that sometimes it is possible, even desirable, to double-guess natural processes - and HRT is a good candidate. Discuss with your doctor.

Some reassuring tips from recent clinical trials:

- . moderate consumption of caffeine, like two cups of American coffee

per day, is harmless to calcium metabolism¹²,

- moderate consumption of alcohol, like one glass of wine per day can be modestly helpful¹, **BUT** alcohol abuse **depletes** calcium.
- modest consumption of fluoride, like the dose from using fluoridated toothpaste, is helpful to calcium metabolism¹.

So what is the *Natural Eater's* position? The *Natural Eater* asks the question "why do we try to micromanage all these body processes?" This micromanagement is only necessary because of fundamental nutritional errors in the first place. If we just put the right kind of gas in the tank, we would not have to correct the misfiring engine by constant fiddling with the carburetor!

And the right kind of gas? We look to the eating patterns to which humans are genetically programmed. For example it has been estimated that, most of the time, our hominid forebears obtained all their protein needs just from vegetation.

An analysis of some 44 plants eaten by hunter gatherers shows that they obtained 80 g of protein and 1,500 mg of calcium from a typical daily intake of 2 kg (4.5 lb) of vegetation¹¹.

Note that when we talk about vegetation, we do not mean cereals (such as wheat and corn), and we do not mean starchy vegetables such as the potato. No, hunter-gatherer vegetation corresponds to what we call today salads, fruits and green leafy vegetables. And they ate lots - up to 5 lb. a day!

So what is the special feature of this eating pattern? Notably that the intake of protein is modest, and it is drip-fed in throughout the day. At no time is there an excess in the bloodstream to disturb hormonal balances. The high quantity of calcium of course is there if the body wants to take it up or not.

And the bottom line? Our hominid ancestors never suffered from osteoporosis and bone demineralization! The first signs of these diseases only begin to appear in the archaeological record after the sea-change in eating patterns brought about by the farming revolution some

10,000 years ago. The *Natural Eater's* philosophy is to learn the lessons of evolutionary history and adapt these lessons to the modern world.

So... "Eat Naturally for Calcium Capital - YOU CAN BANK ON IT!"

Bibliography (Parts I, II and III):

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5. *Calcium supplementation on bone density; N Engl J Med; 1997; 337; 523 - 8.*
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8. *Prolonged Meat diets and Ca metabolism; Clin. Cal; Feb 13 1930; XLVI; 669 - 81.*
9. *Osteoporosis in vegetarians and omnivores; Am J Clin Nutr; 25; June 1972; 555 - 58.*
10. *Bone content of Eskimos; Am J Clin Nutr; 27; 1974; 916 - 925.*
11. *New Eng J Med. 1985; 312; 5; p283*
12. *Am J Clin Nutr. 1997; 65; 1826*

Reprints of the full article (Parts I, II & III) are available: \$6/£4. + SAE.

Success Stories

"I've had the first good night's sleep in 20 years!"

Jim, of Phoenix, Arizona, middle aged and overweight, complained that he never got a good night's sleep. He always woke up in the middle of the night with heartburn and digestive disorder.

He had a classical American eating pattern - that is to say, anything goes. We counseled him, in the first instance, to avoid bad food combinations.

That very evening Jim went to a Steak House. He started with a mixed salad. Then went on to a smaller steak than usual, accompanied by some vegetables. For dessert he had some fresh strawberries.

He avoided:

- bad carbohydrates generally;
- a protein starter (e.g. shrimp cocktail);
- a bad carbohydrate dessert such as apple pie or key lime pie (see Darwin label!).

He turned away bad carbohydrates:

- the bread rolls,
- the french fries
- the wild rice

Instead of his customary beer, Jim drank a glass of dry red wine with the meal. He also drank some water.

This meal was a well combined meal: vegetation (salads and vegetables) dominate. To this vegetation is added just one protein, the steak. The quantity was modest. There were absolutely no bad carbohydrates. The dessert consisted of strawberries - the one of two fruits (the other being raspberry) that it is possible to eat after a meal.

Jim called in the next morning ecstatic. He had just had the first good night's sleep in 20 years! From then on Jim was careful about his combinations - and his body soon reminded him if he stepped out of line.

Common Misconceptions

"Anything I buy in a Health-food store will be good for my health."

Health food stores are great for those difficult-to-find products that fit in well with a Natural Eating Pattern. However, you *do* have to be selective! Health food stores cater to customers who have a wide variety of unconventional eating beliefs.

They also cater to people who, for various reasons, are deliberately distorting their diet for specific purposes: weight lifters and body-builders for example. The "man in the street" can therefore safely ignore the 'power protein' products and the like.

What about all those vitamins and minerals? Surely they are helpful? True, we all need to have an adequate consumption of these in our diet, but only in *carefully defined*

circumstances might we need to supplement.

Have a healthy skepticism about the scaremongering that frightens us into purchasing ever more exotic supplements. The main beneficiaries are the bank accounts of the producer, not the health account of the purchaser.

Our pre-historic ancestors got all the nutrients they needed from browsing on the edge of the tropical rain forest. They certainly did not find bottles of vitamins or tins of blue-green algae growing on trees!

Much better to adopt the Natural Eating Pattern. Obtain all the nutrients that the body needs and, more importantly, *in the right combinations and proportions* directly from ordinary foodstuffs!

Likewise, walk straight past the rows of 'healthy' candy and nut bars. They are all loaded with 'natural' sweeteners like honey and maple syrup. Contrary to popular belief, these sweeteners are no more appropriate for our bodies than ordinary sugar (brown or white) which, after all, is itself a 'natural' product - of sugar cane or sugar beet.

Walk past too, the aisles of 'natural' mueslis and other specialized breakfast cereals. They are billed as 'heart healthy' or 'high in fiber' or 'having no artificial preservatives, colorings or flavors'. All this may be true of course, but intrinsically cereals (grains) in any form are an unnatural foodstuff for humans. We are not built like chickens!

The unhelpful impact of grains on human health has been developed in detail in my earlier article 'Cereal Killer'. The few exceptions that happen to be tolerable are mentioned next.

Certain products which are safe to incorporate into the Natural Eating diet, can best be found in Health Food Stores. For example: 100% rye kernel bread; fructose; whole-grain rye and barley; whole-wheat spaghetti; non-hydrogenated, low-fat, canola oil spread; pure pressed canola oil; veggie burgers, vegetarian 'meat' products.

Check out too the organic produce. From a purely pragmatic point of view, eating 'Naturally' does not require the exclusive consumption of organically grown fruit and vegetables - the dangers of pesticide and herbicide in food is exaggerated.

Nevertheless, the organic movement is worth encouraging and certainly organic produce is tastier and probably more nutritious than its industrially grown counterparts.

Moral? To have a healthy eating pattern you have to be a savvy buyer. Health Food stores are a useful resource - but don't let your guard down just because of the 'health' label!

Quick Snack

Tomatoes on Toast:

Minimalist option: open a 16 oz can of peeled tomatoes and empty the contents onto a slice of toasted rye kernel bread.

Sophisticated option: mix a sprinkling of oregano, basil and thyme into the tomatoes and heat in the microwave.

This snack feeds one person. Note that the ratio of (good) alkali-producing vegetation (tomato) to acid-producing starch (bread) is high - which is good.

Spreading the Word

Geoff Bond will be on a speaking tour in France during the month of September. He will give talks to audiences in Avignon, Carpentras, Marseilles, Nice and Annecy.

Reader's Questions

Q. I hear a lot of argument about genetically modified foods. What position should I take?

A. The harsh reality is that everything we eat is already genetically modified - by hundreds, sometimes thousands, of years of cross breeding.

Nevertheless, genetic engineering speeds up the process thousands of times.

Darwin Label

Only the fittest survive...

Trader Joe's Key Lime Pie

INGREDIENTS: Filling: Sweetened Condensed Milk (Whole Milk, Sugar), Key Lime Juice, Egg Yolks. Crust: Graham Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin,). Sugar, Corn Flour, Partially hydrogenated Soybean and cottonseed oil, Corn Syrup, Molasses, Sweet Whey, Honey, Leavening (sodium bicarbonate, sodium acid pyrophosphate, Corn Starch)

Reader's Questions (cont.)

The worrying aspect is this. The **motives** for genetic modification are all to do with convenience of production (like extended shelf life, or herbicide resistance) and nothing to do with nutrient value.

The Natural Eater should avoid consuming genetically engineered products until it is conclusively demonstrated that they have the nutrient value to which humans are adapted. That day is still a long way off.

In the meantime, how do you know if you are consuming genetically modified food? The scandal is that mostly you can't find out. The FDA policy states that there is no need for special labeling.

The European Union is introducing a system of labeling for genetically engineered products. Meanwhile unmarked American G.M.O.'s, like soy bean and corn (maize) are filtering into the EU market ...

This newsletter is only available on private subscription \$96 (£66)/yr. e-mail version: \$72 (£45)/yr.

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