

# The Natural Eating™ Private Newsletter

**Appetite Control; Gut relief; Darwin's "Veggie" Stix; Newswire Digest; Baked Apple; Olive oil fallacy; Balshazzar's Health Diet; Butterfat; McDonald's Hot Water; Exercise V; Q&A; Darwin Label explained**

## News this Month

### Memory affects appetite

A new study has shown that if you have a strong memory of what you have just eaten, you will feel more satiated.

Severe amnesiacs (less than one minute memory retention) were offered lunch by placing a meal in front of the person and saying, "Here's lunch."

30 minutes later the researchers brought in another meal and repeated, "Here's lunch."

The amnesiacs not only ate the second lunch, but also a third!

A previous study found that people ate fewer candies when the empty candy wrappers were left in plain sight, than when the wrappings were discarded as soon as they were emptied.

SOURCE: *Psychological Science* 1998;9:392-396.

### Our View?

Just so! Humans, are programmed to receive eating clues. Many of these clues are to do with searching for, seeing, preparing and handling food prior to eating.

Today we defeat these clues by eating while watching the TV, by consuming convenience foods that require no preparation, and by eating in restaurants - where someone else has done the shopping!

As a result, the cues that tell us to feel satisfied and satiated are missing - and we overeat!

## Success Stories

### Gut Relief

#### Genevieve

*"You have revolutionized my diet and health! When I stopped eating grains, amazing things happened...the irritable bowel went away...after years of suffering"*

Genevieve, a statuesque lady in middle age, was consuming quantities of juiced vegetables and fruits all day long.

Genevieve suffered from irritable bowel syndrome and this was the only way she knew to bring it under control. But as soon as she stopped, the symptoms would flare up again.

Problems like allergies, irritable bowel, asthma, are always difficult to track down and fix. The triggers can be manifold -- and there are often non-nutritional factors as well.

Nevertheless, the first thing to do if you find yourself in a hole is to stop digging! That is to say, stop doing the things that we know for sure are a problem to the body.

Irritable bowel is often an allergic reaction to some foodstuff - one to which the body is not naturally adapted. The most common allergens are grains and dairy products.

The Natural Eater hardly eats these foods, but to Genevieve this was a revelation - that it is not only acceptable - but positively helpful - to eliminate these 'novelty' foods in the human diet.

She experienced a 'miracle' cure!.

## Darwin Food Label

Only the fittest survive...

*The month's food label is chosen to demonstrate how vigilant the shopper has to be to eat wisely. Study the ingredient list and find the pit-falls. Analysis on Page 4.*

(Trader Joe's)

**GOOD HEALTH**

**VEGGIE  
STIX**

**Mixed Vegetables**

**INGREDIENTS:** WHOLE POTATO FLOUR, EXPELLER PRESSED NON HYDROGENATED SUNFLOWER AND/OR CANOLA OIL, NATURAL WHEAT STARCH, RICE FLOUR, TOMATO AND SPINACH PUREE, SALT.

#### Nutrition Facts:

serv. size 28g (1/8 pkg)

**Total Fat** 6g

**Cholesterol** 0 mg

**Sodium** 310 mg

**Total Carb** 19g

sugars 0g

**Protein** 1g

## Clinical Study Digest

In the space of a generation, teenagers have gone from drinking twice as much milk as cola, to drinking twice as much cola as milk. *Certainly a massive change - but for the worse? A plague on both their houses!*

High blood pressure in mid-life leads to mental decline in old age. *To stay bright Eat Naturally!*

People who eat meat, (red, poultry or fish) every day of the week have 2 to 3 times the risk of colon cancer than those who eat none. *Just so!*

Crushed garlic shows anti cancer and anti-cholesterol effects. Crushed garlic, if cooked immediately afterwards, loses its powers. Crushed garlic allowed to stand for ten minutes before cooking, retains some of its powers. *As ever, best eat your vegetables raw.*

The fatter you are, the more likely you are to develop cancer of the pancreas. The same study showed that a high consumption of cruciferous vegetables (such as broccoli and cabbage) helps to reverse this trend. *The 'super vegetables' again show their cancer fighting power.*

**Recipe Corner**

**Baked Apple Dessert:**

We are not going to give you guilt feelings about Christmas - you know the score - it is possible to eat well, with few sacrifices, but eating 'savvyly'. The following recipe allows you to put the mince meat to better use than in a mince pie! Note that there is no sugar called for, nor needed.

- 4 baking apples (8oz each)
- 3 oz mixed dried fruit
- 1 tsp. cinnamon

Core the apples. Score the skin around the equator. Stuff the cores with the dried fruit, pressing in firmly. Put into microwave-proof dish and loosely cover with grease-proof paper. Microwave on full power for about 5 minutes or until the apples are soft but not collapsed. Sprinkle with cinnamon and serve.

**Food Combining:**

The apple, being cooked, should not be a problem with eating at the end of a meal. However some sensitive persons might still have difficulties. This dish also makes a nice snack at any time.

**Carbohydrate Status:**

The cooking of the apple, together with the addition of the dried fruit, makes this dish a Low Density, Borderline Carbohydrate. One apple

per person is plenty and, if eaten at the end of a meal free of Bad Carbohydrates, then this dish will be quite safe.

**Nutritional Status:**

The apple is slightly the worse for cooking - but it is still a good dish.

**Common Misconceptions**

*"Olive Oil is the ideal oil"*

**False:** Olive oil does have a lot of good qualities. It has a good flavor, and is stuffed with compounds that protect blood cholesterol from oxidation. It is heat stable which makes it good for cooking. So it is the perfect oil? No - because it is devoid of alpha-linolenic acid - the essential fatty acid in which the average western diet is so deficient.

To compensate for this deficit, olive oil should play a minor role compared to canola or walnut oil.

Contrary to the received idea, olive oil is not the key element in the 'Mediterranean diet'. That is not what explains the extreme health and longevity of the Cretans. Rather, it is the alpha linolenic acid found in the vegetables, walnuts and, above all, purslane that the Cretans are fond of eating.

**Thought for the Month**

**Daniel knew a thing or two about healthy eating 2,500 years ago! Belshazzar saw the writing on the wall...**

Daniel I 11 to 16

11: Then said Daniel to Melzar, ...

12: Prove thy servants I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

13: Then let our countenances be looked upon before thee, and the countenances of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.

14: So he consented to them in this matter, and proved them ten days

**15: And at the end of ten days their countenances appeared fairer and fatter in flesh, than all the children which did eat the portion of the king's meat.**

16: Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

**From the Newswire**

**Butterfat irony**

It is reported that there is a shortage of butterfat in the United States. Why should this be?

Ever since the public's move to drinking low-fat milk, the dairy men have been breeding cows to produce a lower fat milk. This is fine for the low-fat brigade.

But there is an unforeseen movement to eat more and more ice-cream - which uses lots of butterfat!

So... the healthy move to low-fat milk is more than counterbalanced by the unhealthy move to eating more high fat ice-cream!

**Our view?** Butterfat is a bad fat loaded with artery-rotting palmitic and myristic acids. The Natural Eater should not be consuming butterfat in any form....

**McDonalds Wins Hot Coffee Court Case**

A jury has ruled that McDonald's is not liable for second-degree burns suffered by an 18 month child who tipped a cup of hot coffee onto himself.

In 1994, Stella Liebeck, then 81, was awarded \$2.7 million (later much reduced) in punitive damages for third-degree burns she suffered while trying to pry the lid off a cup of coffee at a McDonald's drive-through.

**Our View**

Whatever you think about silly claims for damages (don't people take responsibility for their own folly any more?) you should certainly be aware

that hot coffee is probably the *least* dangerous foodstuff available at McDonalds!

**Feature Article**

**Exercise - Part V**

*This Feature Article is a serialization of the chapter on "Exercise" in the forthcoming book on Natural Eating.*

*Last month we looked at the exercise patterns for which the human race is genetically programmed.*

*This month we look at how we can use this knowledge to exercise to get the most benefit for the minimum of effort.*

**Savvy Exercising for weight loss**

Many people exercise to help lose weight. We can use a knowledge of our bio-chemistry to make sure this happens in the most efficient way.

When we exercise moderately (40% of max heart rate), then the source of energy<sup>1</sup> that the body mostly uses comes from the triglyceride fats that are floating around in the blood stream. These are the fats that we want to burn! The body has to replace them from stores in the fat tissues.

If, however, we step up the exercise rate, then the body starts to prefer energy from carbohydrates stored in the liver, muscles and blood. The body will replace these later from what we eat.

The good news then, is that moderately intense exercise is better than high intensity exercise for fat reduction. This effect is particularly marked if no carbohydrates have been consumed before, during or after the exercise. So... go for your brisk, early morning walk on an empty stomach. Avoid all sugary drinks, and certainly don't eat any bad carbohydrates. If you must eat during this period, restrict it to the 'good' foods. Some fruit for example. Less conventionally, don't be inhibited by your cultural

conditioning: it is quite possible to have a stir-fry or a mixed salad for breakfast!

**Nutrition for Competitive Sports**

Eating in order to obtain maximum performance is the domain of specialised sports nutrition. The only reason for broaching this topic here is to make an important point: sports nutrition has, as its main objective, the achievement of maximum performance.

**Eating for maximum performance is rarely in harmony with nutrition for optimum health.**

Take one example: 'carbohydrate loading'. This technique, to stoke up energy reserves before a race, makes extensive use of high glycemic index 'bad carbohydrates' that are consumed in a particular pattern over an extended number of days. To obtain maximum performance the technique is very good. But, this is exactly contrary to the principles of eating for good health.

This is a trade-off that is rarely explained to athletes: performance vs. long-term health.

Note too, that the 'savvy eating for weight loss' procedure explained earlier is the *exact opposite* to that prescribed for eating for endurance performance. For performance, athletes are recommended to consume high glycemic index foods (i.e. 'Bad Carbohydrates') before, during and after the competition!

It is readily acknowledged by Sports Nutritionists that this causes hyperinsulinemia - and they know it wreaks havoc on arteries and scrambles hormonal responses. They know, too, that hyperinsulinemia locks up fat and makes it unavailable for burning by the muscles. This is a drawback. Nevertheless, the calculation they make is that this is the lesser of two evils - the greater energy surge from the Bad Carbohydrates outweighs the loss of energy generated from fat sources.

We have here an example of how food is used as a drug. A performance-enhancing drug for athletes. But just know that, in various ways, what and how you eat is having a drug-like effect on thousands of important bodily activities.

**Lifestyle Practices**

Not surprisingly, conventional wisdom is coming to the view that physical exercise should be more than just an episode on various days of the week. Physical exercise needs to be integrated into the everyday pattern of living.

First of all, try to develop hobbies, sports and interests that of themselves give you the base-load of exercise that you need. If you play golf one day a week, go dancing one day a week, do some gardening one day a week, and go swimming one day a week, then you are well on the way to being well exercised. By all means go to aerobics, play tennis, jog round the block too.

Next, take every opportunity to work out those muscles as you go about your day. Why stress yourself to find a parking space right next to the shopping mall entrance? That only helps to raise stress hormones with all the damage that that does.

Park at a comfortable distance away and *walk* those extra 100 yards! Walk up the stairs instead of taking the elevator. Carry the shopping instead of pushing the trolley.

Today, we are so spoilt for labor-saving devices that we have, perversely, to *seek out* labor intensive activities - or make them up for ourselves. Push yourself constantly to stretch your body's physical capacity. Never take the easy way out when the opportunity is there to challenge your physical limits.

*Next month: We start a serialization from the new book: Impact (of Natural Eating) on specific illnesses. Arthritis and Autoimmune disease is the first segment.*

<sup>1</sup> Substrate utilisation during exercise in active people; Am J Clin Nutr; 1995; 61S; 968S-79S

Hints and Tips

Apples and Pears:

You should be eating from 2 to 4 of these per person per day. To speed up preparation, buy an apple corer. Wear rubber gloves when coring to protect your hand from the occasional sudden breakthrough.

Reader's Questions

Q. How important is it to eat raw, unsalted nuts? They are hard to find.

A. Food manufacturers like to roast (and salt) nuts for some very good reasons: good that is for their own purposes.

What are their reasons? Chiefly to increase shelf-life. Roasting and salting de-activates those goodies in nuts that are perishable. Most notably the sought-after essential fatty acid, alpha-linolenic acid - but there are other micro-nutrients lost too.

Our bodies are designed to work on raw food - hard enough to do in the modern world. Nuts are a painless choice to eat raw - so do so!

Q. I've been taught that we should start the day on a hearty breakfast. How does this square with your ideas about eating fruits in the morning?

A. For those mammals whose primary source of food is vegetation (like ourselves), fruits are much sought-after.

Why is this? Because fruits are a higher energy food! The sugars in fruit are important to the energy

balance of fructo-folivores like ourselves. Not forgetting that the sugar in fruit is chiefly fructose - a slow sugar.

Even if you eat a bunch of fruit for breakfast its energy will be slowly released throughout the morning.

Having said all that, the idea of eating the daily ration of fruit in the morning is just a strategy - but one that makes a lot of sense.

You can eat other things for breakfast - like a big salad - or even stir-fried vegetables. Whatever you do, avoid the classic anglo-american breakfast of cereals, toast and jelly, waffles and maple syrup - all topped off with whipped butter and bacon rashers!

That is a recipe for roller-coaster insulin levels, mid-morning blahs and obesity...

Darwin Label Revealed

"Good Health", Veggie Stix", "Mixed Vegetables"

This is one of the most deceptive labels we've come across. Everything up front is designed to give the impression of a healthy, vegetable product - even down to the background (not shown) of cucumbers, tomatoes and squash.

The ingredient list however tells a different story. The first item (and therefore most important by weight) is 'whole potato flour'... The second item is sunflower oil...

What is this a recipe for? Nothing less than potato chips! Attractively colored chips for sure (see the minimal amounts of tomato and

spinach purée) - but still that same old bad carbohydrate, high fat, fattening, snack...

Oh, and by the way, one serving (if you can restrict yourself to 1/8 packet) gives 13% of your daily salt ration...

Moral? As ever: read the fine print!

Spreading the Word

Geoff Bond's Illustrated talks open to the general public:

Eisenhower Hospital, Bob Hope Drive, Rancho Mirage on Tues, January 19th, 1999 at 6.00pm. Details: Susan Heggi, Center for Healthy Living (760) 568 1234.

Desert Hospital, Indian Canyon Drive, Palm Springs on Weds, Feb 3rd 1999, at 10.00 am. Details: Sandy Canela, Healthkey Plus, (760) 323 6418.

Desert Regional Hospital, suite 105, JFK Medical Plaza, Bermuda Dunes on Thursday March 11th 1999 at 10.00.

American Standard Inc. is now close to issuing the Natural Eating Introduction and Guide booklet for its employees. A version for the general public will be available too.

Christmas Idea

Why not consider offering a subscription to this newsletter - or a do-it-yourself Natural Eating™ manual - for Christmas?

Details from the address below:

Newsletter: \$96(£66)/year. Natural Eating Manual: \$40(£28)+shipping Information, letters and queries: Natural Eating, 69-115, Ramon Rd, #F1517 Cathedral City, CA 92234, USA tel: +1.760.325 2835 fax: +1.760 328 8529 e-mail: savvy eater@aol.com [Now : admin@naturaleater.com ]

Web: http://members.aol.com/savvy eater/index.htm [Now: www.naturaleater.com ]

© 1998 Geoff Bond

