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Private Newsletter

Bronze age worming remedy; Toxic Warfare; Häagen Dazs Darwin Label; Sautéed Aubergine; Shopping Raises Male Battle Hormones; Fiber Misconceptions; Sugar and your Bones; Death by Apricot; The Arthritis/food connection; Lite Beer; Sweet Carrots; Darwin revealed; Upcoming Events.

News this Month

Ice Man used natural remedies

The "Ice Man" -- discovered in 1991 at the foot of a retreating alpine glacier -- was infested with worms and used natural remedies to treat them, reports Professor Luigi Capasso of the University of Chieti, Italy,

Dried by alpine winds, then encased in ice, the man and his effects were extremely well preserved for 5,300 years. An analysis of the content of the Ice Man's rectum revealed whipworm eggs.

Apparently the Ice Man knew he had intestinal parasites, and was treating the infestation with a natural remedy. Among his belongings, researchers found two walnut-sized fruit of a bracket fungus known as Piptoporus botulinus.

Piptoporus botulinus contains oils that are toxic to parasites and compounds that would cause "expulsion of the dead and dying worms and their eggs,"

SOURCE: *The Lancet* 1998;352:1864.

WE forget today, how we have been delivered of all the nasty parasitical bugs that infested our ancestors.

The Ice Man lived in bronze age, agricultural times - well before Abraham and Homer.

In the inhospitable Alpine regions, his life was certainly harder, brutish and short. But even so, there was a cultural heritage of effective herbal remedies.

Aflatoxin battle is carried to Saddam.

Saddam Hussein, besides stockpiling anthrax and other nasty microbes, has also been producing and storing aflatoxin. Since aflatoxin undermines the immune system, Saddam's idea is to mix it with the anthrax to make it an even more deadly biological weapon.

Aflatoxin is a virulent poison produced by a fungus/mold that can grow on corn, wheat, peanuts, cottonseed etc.

The Food and Drug Administration monitors domestic US production and bans any contaminated foods from the market.

Recently, much of the Texan corn crop was condemned.

Aflatoxin depresses the immune system and, over time, triggers liver cancers. In high-risk parts of China 10% of the population dies of liver cancer, usually around the age of 50.

Source: *Johns Hopkins News*

Many people avoid eating peanuts for fear of absorbing aflatoxin. This is a false fear. You are more likely to get aflatoxin poisoning from germ warfare than from what you eat.

Secondly, aflatoxin could be present in a whole variety of foods based on corn, wheat and so forth, (such as breakfast cereals, bread, pastries - even milk from corn-fed cows). Aflatoxin is not destroyed by cooking.

It is a sobering thought. Only the joint vigilance of the FDA and the US Military spares us from this terrible affliction.

Darwin Food Label Only the fittest survive...

Study the ingredient list and find the pitfalls. Analysis on Page 4.

Häagen Dazs

CHOCOLATE ICE CREAM BARS

INGREDIENTS:

CHOCOLATE ICE CREAM: CREAM, SKIMMED MILK, SUGAR, EGG YOLK, COCOA PROCESSED WITH ALKALI.

DARK CHOCOLATE: BELGIAN CHOCOLATE, SUGAR, SOY LECITHIN, NATURAL VANILLA, COCONUT OIL, SOYA BEAN OIL

Nutrition Facts:

Serving size: 1 bar (83g)

Fat: 20g

sat fat 12g (60% daily max)

Cholesterol 70mg (23% daily max)

Sodium 45 mg

Total Carbohydrates: 23g

sugars: 20g

fiber: 2g

protein: 4g

Simple Food Fix

Sautéed Aubergine (Egg-plant)

4 aubergines (egg-plants)

salt

5 tbs. canola or olive oil

2 cloves garlic, crushed

2 tbs. chopped parsley

- Wash the egg-plant and cut off the stem and the calyx
- Cut into ½ inch thick slices. (either lengthwise or crosswise)
- Sprinkle with salt and leave for an hour to draw the fluid (optional).

- Drain, rinse and blot the bleeding surfaces of the egg-plant with a kitchen towel.
- Heat half the oil and sauté the egg-plant, a few slices at a time, until they are brown and tender. Add the rest of the oil as necessary.
- Drain and serve with the crushed garlic and parsley.

This dish is a safe vegetable dish. Only danger area is the oil. Make sure it is olive or canola and measure the quantities. Be abstemious!

The salt? If you've been careful with the blotting, there will only be enough left to give the surface a tasty bite.

By the Way

Male Shopping is Heart-felt

Male stress levels skyrocket when they're confronted with facing crowded stores, choosing gifts and standing in check-out lines, a new British study shows.

"The peak stress levels were equivalent to emergency situations experienced by fighter pilots or policemen going into dangerous situations," said psychologist David Lewis, who did the research.

The study, commissioned by the Brent Cross Shopping Center in north London, sent about three dozen men and women of different ages to stores with identical Christmas lists. Some went alone while others were accompanied by children.

An accompanying researcher recorded periodic blood pressure and heart rate figures during the trips.

Every man in the survey suffered considerable increases in blood pressure and heart rates while only one in four women registered a significant change.

"For men, even the thought of going shopping was enough to send stress levels soaring," Lewis said. "Over 70 percent of them recorded above-average readings before even stepping out the front door."

The type of store can have an effect on men, too. Retailers playing loud music in a crowded atmosphere sent blood

pressures soaring in two-thirds of the men.

"Almost all the women who went shopping with their partners regretted the decision and, surprisingly, stress levels were considerably lower for those who shopped with children than those who took boyfriends or husbands," Lewis said.

Most men will not be surprised to learn that shopping is stressful. That it raises their battle responses is an intriguing insight. But note that the fight/flight hormones have a downside: over time they wreak havoc on the cardiovascular system.

Moral? Diet is primordial for heart health (see next month's feature article) but managing stress is important too.

Misconceptions of Old-School Nutritionists

Fiber Fallacy

Most people who have been trained as 'nutritionists' are stuck in a time-warp of discredited dogma. In this occasional column we answer some of their misconceptions. For example:

"The high fiber content [of the Natural Eating Pattern] may inhibit absorption of some minerals"

This remark is based on observations that the phytate present in cereal fiber reduces the bio-availability of some minerals (e.g. zinc, calcium, copper...).

Since old-school nutritionists are locked into promoting the consumption of grains and cereals, this poses a dilemma for them.

However the Natural Eater knows that Humans are not designed to eat cereals -- so it is not surprising that we are not equipped with phytate splitting enzymes. And for that matter cereal fiber is harsh on the digestive tract too.

The Natural Eater gets all his fiber (the good, phytate-free, soluble sort) from the vegetation that he eats.

From the Labs

Sugar drains calcium from the bones...

A recent study showed that urinary calcium excretion increased by 124% after the intake of 75g of glucose.

The glucose intake caused striking increases in both glycemia (59%) and insulinemia (+869%). Insulin was considered the main calciuria-induced factor as a result of glucose load,

250 mg (12 tablets) of Aspartame did not alter glycemia or insulinemia, although it did cause an increase in calcium excretion.

Source: *J Clin Endocrinol Metab*, 1998 Jan, 83:1, 165-8

Translation? Yet another piece of sugar villainy. The insulin mechanism drains calcium out of the bones into the urine!

Even a massive Aspartame dose (12 tablets!) spares the grisly consequences of abnormal insulin levels. Nevertheless it did increase calcium losses (mechanism unknown) - another reason to go easy.

From the Newswire

Death by Apricot

Apricot kernels, marketed as a "health food," can cause potentially fatal cyanide poisoning.

A 41-year-old woman had difficulty breathing shortly after chewing about 30 apricot kernels. She was rushed to the emergency room and diagnosed with cyanide poisoning. The woman was treated with cyanide antidote and other medications, and recovered.

The researchers estimate that "the 8-ounce bag of apricot kernels purchased by the patient could kill up to 6 adults if consumed at one sitting." Chewing or grinding apricot kernels increases their toxicity.

SOURCE: *Annals of Emergency Medicine* 1998;32:742-744.

The consumption of fad health food nostrums is not recommended for anyone let alone the 'Natural' Eater.

Feature Article - Natural eating for disease control - I

This month we start a new serialization from the chapter in the forthcoming *Natural Eating Book* that deals with disease. Surprise, surprise, *Eating Naturally*¹, by eliminating dietary errors, is the ideal.

**Part I - ARTHRITIS; RHEUMATOID- AND OSTEO-ARTHRITIS,
and: multiple sclerosis, lupus**

These diseases are made more difficult because their causes are often multiple: a malfunctioning immune system; allergic reaction; and a deficiency in the diet of essential nutrients. Getting the diet right will stack the cards in favor of resolving the condition.

Arthritis has been linked to a deficiency of antioxidants. Yes, plant foods again! Many studies show that arthritis sufferers have a history of low consumption of fruit and vegetables, and that they have abnormally low blood levels of anti-oxidants like vitamins C and E and beta-carotene. There are certainly many other compounds in fruit and vegetables that are essential too. The first priority of an arthritis sufferer is to boost dramatically his intake of plant food.

The second culprit is the over-production of inflammatory chemicals induced particularly by 'omega 6' oils.

These oils are complete novelties to the human diet, having only become common since WWII. In the body, omega 6 oils are transformed into all kinds of chemical messengers. Some of these are *histamines* and *leukotrienes*. These are substances that instruct cells to inflame, swell and secrete mucus. So the second big priority is to cut out omega 6 oils.

A third culprit is saturated fat in all its forms: animal origin, plant origin and man-made (margarines, trans-fatty acids and hydrogenated fats). Saturated fats block and interrupt the work of helpful chemical messengers. Essential to follow Natural Eating principles in this matter and ruthlessly cut out saturated fats.

The counterpart to that is to consume some 'omega 3' oils. These are transformed in the body into chemical messengers that do the opposite to 'omega 6'. They instruct cells to stop inflaming, stop secreting mucus and stop swelling. So it is a high priority to consume (modestly) 'omega 3' oils - *provided it is accompanied by a ruthless reduction in the Bad Fats*.

Oily fish contain similar chemicals to omega 3 oils and are good too.

Finally, arthritis is often triggered by an allergic reaction. Some of the commonest allergens are foods that humans were never designed to eat: wheat, corn and dairy products.

Multiple sclerosis and lupus: These are diseases that remain largely a mystery to medical science. Nevertheless there are some straws in the wind. A dysfunctional fatty acid metabolism has something to do with it. Follow these guidelines to give yourself the best chance to control these conditions.

Next Month: *Cardiovascular Disease*

HELPFUL FOODS - definitely favor
Omega 3 oils (moderation): canola oil, walnut oil, flaxseed oil.
Fatty Fish: salmon, tuna, sardine, mackerel,...
High Fruit, High Vegetable diet - all unrestricted foods (see manual)

SUSPECT FOODS
These are common arthritis allergens - try avoiding
Cheese
Other Cereals: oats, rice, barley, rye
Eggs
Coffee
Citrus fruits: orange, grapefruit, lemon, lime
Tomato and other "nightshades" (potato, bell peppers)
Nuts: all, particularly peanut

UNHELPFUL FOODS - cut out!
Corn: sweetcorn, popcorn, hominy
Wheat: (bread, cornflakes, breakfast cereals generally, cakes, cookies...)
Milk: all kinds including buttermilk, skimmed, sour cream, yoghurt...
Omega 6 Vegetable oils: Corn, safflower, sunflower, peanut, evening primrose and <i>all other</i> oils except those favourable ones mentioned above.
Bad Fats: lard, dripping, shortening, butter, margarine, trans-fatty acids, hydrogenated fat, palm oil, coconut oil
Red Meat: Beef (including veal), and beef products; lamb; pork and pork products (bacon, ham sausage, etc...); cold meats: salami, bologna, etc...

¹ This information is not intended to replace medical advice or to be a substitute for a physician. Always seek the advice of a physician before beginning a diet program. The author and the publisher disclaim responsibility for any adverse effects arising from following this program.

Hints and Tips

Always wash fruit even if you are going to peel them afterwards. There have been plenty of cases of food poisoning from melons, oranges and so forth, that have been cut open with a knife, thus transferring disease organisms from the outside to the inside of the fruit.

and it is only too easy to down a pint (16 oz) in one go.

Q. What about dates? I hear they are full of sugar too.

A. It is true that dates are high in sugar. Dried dates are nearly 60% sugar - and then they are often coated in glucose syrup to boot! Treat dates like a candy. One (but no more!) from time to time is no big deal. If you can't discipline yourself to do that then stay away altogether.

designed to process dairy products)

Oh, and for good measure, they've added coconut oil - the dreaded palmitic acid again.

Even the cholesterol content is right up there -- at 23% of admissible daily intake.

Next, the sugar: 20g in an 83 g bar - i.e. 25% of the ice-cream is sugar!

Believe it or not though, there is still room for some protein (4g) and fiber (2g) mostly from the cocoa powder.

Reader's Questions

Q. I like beer. Does it help to drink the 'lite' varieties?

A. Sorry! 'Lite' beer is just ordinary beer with a bit more water in it. It has slightly less alcohol (3.7% against 4.2%) and correspondingly less of the dangerous sugar, maltose. But to the body's metabolism it is just as glycemic and fattening as the regular sort.

Q. You say that carrots have a high sugar content, yet you recommend them as a snack. Why?

A. Carrots, it is true, have a high glycemic index, especially when cooked. However, carrots are mostly water. Thus a healthy person (non-diabetic) has to eat a lot of them (about 16 oz.) to get the effect. 16oz of carrots contain about 1 tbs. of sugar.

Carrots are therefore categorized as a 'good food to be eaten in controlled quantities'. For example an 8oz pack of ready-to-eat baby carrots should be OK.

On the other hand watch out for the fresh carrot juice in cartons. This is a danger. It has a higher glycemic index

News Clips

Obese children become diabetic adults - and their numbers are rising fast. National Health and Nutrition Survey.

If you want to help your child, get him off the bad carbohydrates!

Lung cancer jumps among NY women. This coincides with the jump in female smoking from WWII on. State Health Department

Children are still getting poisoned by lead - in ethnic food. In one case an Iraqi family was poisoned by 'Lozena' a bright orange powder used to color food that the grandmother brought back from Iraq. It contained 8% lead! Morbidity and Mortality Report: 1998;47

Darwin Label Revealed

As ice-creams go, Haagen Dazs is a quality product. Nevertheless, let's look at the sorry story.

The first item is cream, confirmed by the saturated fat figure of 12 grams - 60% of admissible daily consumption in just one bar! Worse, the kind of saturated fats found in cream - palmitic and myristic - are your worst cardio-vascular nightmare. (Not surprising really -- Humans aren't

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: Healthkey Plus, (760) 323 6418.

Desert Regional Hospital, suite 105, JFK Medical Plaza, Bermuda Dunes on Thursday March 11th 1999 at 10.00. Details (800) 343 4535

American Standard Inc. (best known for its bathroom fittings, but much bigger in air-conditioning and automotive) will issue the Natural Eating Introduction and Guide booklet to its 35,000 employees in the US during the second week of January.

A version for the general public will become available at the same time.

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: admin@naturaleater.com

Web: www.naturaleater.com

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