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## Private Newsletter

Cancer Milk; E-trap; Kemp's Darwinian Crab; Lentil Soup; Chocolate Cheers; Q&A - hot spices, flatulence, macrobiotic cake, measuring G.I., gluten-free rice pasta; Rewards for being Good; Feature IV - Diabetes; Dining out 3 - extra veggies; Lobby Fodder - Chemical Campaign; Crab Meat Label Exposed; NE hits UK.

### News this Month

#### Monsanto's Cancer Milk

The European Commission reports excess levels of IGF-1 in the milk of cows injected with Monsanto's biotech hormone "rBGH".

The report concludes that:

a) "the excess levels of IGF-1 pose serious risks of breast and prostate cancer" and,

b) "milk contaminated with the antibiotics used to treat mastitis in rBGH cows spreads resistant bacteria in the general population."

Sources: *European Union; Dr. Samuel S. Epstein; PR Newswire*

#### Comment:

The FDA, which relies heavily on in-house scientific studies provided by agro-industry, has approved hormonal treatment of cows – and the massive use of antibiotics.

So who are we to believe – the FDA or the EEC? If you feel uncomfortable with the idea of hormone-laced milk you are quite right.

If you are worried about the indiscriminate use of those wonder drugs, antibiotics, then you should be scared stiff.

After all – who actually *needs* these techniques to be practised? Certainly not the consumer! As ever look for where the money is made...

Let's look on the bright side: as a Natural Eater you will not be consuming milk!

But taking a wider stance of civic responsibility, *everyone* should protest, at every opportunity, against this grotesque and improvident abuse of scientific technique.

### Sorcerer's Apprentice

*In trying to 'fix' things, we often make them worse.*

#### Two-faced Vitamin E

Vitamin E supplements can do more harm than good

Dr. Mosca's team found that women who obtained vitamin E via their diet had good reductions in LDL oxidation. Women who took vitamin E via supplements had worse oxidation levels.

The vitamin E found in supplements comes in the form of alpha-tocopherol. Vitamin E in food comes as a variety of compounds.

Among supplement users, "...alpha-tocopherol displaces the gamma-tocopherol in our tissues. It may be the gamma-tocopherol that's protective", says Dr. Mosca.

Source: *39<sup>th</sup> Ann. Conf. On Card. Dis. Epid. and Prevention*

#### Comment:

Quite! So-called Vitamin E is really a cocktail of many compounds, present in different proportions in different foodstuffs. Plants tend to be richer in gamma-tocopherol. But there is also beta- and delta-tocopherol too – to say nothing of all the *tocotrienols* (alpha-thru-delta too).

So in seeking shortcuts, we make things worse! Supplement with Vitamin E and drive out the other important elements of the cocktail.

As with all the other nutrients vital to life, we need to get them from our *food*. We don't have to second-guess it. We just have to eat in our genetically programmed pattern, and it all works out just fine...

### Darwin Food Label Only the fittest survive...

*Study this food label and find the pitfalls. Analysis on Page 6.*

LOUIS KEMP  
SEAFOOD CO.

CRAB  
DELIGHTS

Imitation King Crabmeat  
made with steam-baked™  
Alaskan Pacific Fish

FAT FREE

#### Nutrition Facts:

serving size: 84g

calories: 90

fat cal: 0

Total Fat: 0g

sat fat 0g

Cholest. 10mg

Sodium: 410mg

Total Carb. 12g

fiber 2g

sugars 8g

Protein 10g

INGREDIENTS: POLLOCK, WATER, WHITING, SUGAR, SORBITOL, ARTIFICIAL FLAVOR, MODIFIED CORNSTARCH, WHEAT STARCH, FRUCTAN, SALT, POTASSIUM CHLORIDE, FRUCTOSE, EGG WHITES, SODIUM TRIPOLYPHOSPHATE, TETRASODIUM PYROPHOSPHATE, GLUCOSE, ARTIFICIAL COLOR.

### Simple Food Fix

#### Lentil soup

1 lb green lentils  
16 oz leeks (frozen)  
8 oz baby carrots  
8 oz celery  
1 tin (16 oz) chopped tomatoes  
1 vegetable stock cube  
2 crushed garlic cloves  
2 cloves  
2 bay leaves  
1 cup hot water

Dissolve the vegetable cube in the hot water and put in a 1 gallon saucepan. Add the lentils, garlic and tomatoes.

Bring rapidly to the boil and simmer for 15 minutes

Chop the vegetables coarsely as necessary and add to saucepan.

Add the cloves and simmer for a further 15 mins.

Remove from saucepan and blend in a mixer to a hearty consistency. Serve.

#### Comment:

Note the high proportion of vegetables to lentils (a high protein food). This is a good vegetation/protein ratio. It has the further advantage of limiting any disagreeable flatulence effects from the lentils.

### Good News

#### Chocolate Cheers

New research shows that cocoa is packed with high-quality polyphenol anti-oxidants. These are compounds similar to those found in fruits and vegetables (and red wine).

Polyphenols appear to be an essential part of the human diet and play a part in the body's handling of heart disease and cancer.

Pure cocoa is best. Chocolate with a high percentage of cocoa (very dark, bitter chocolate) is also fine.

#### Comment:

Cocoa, although a novelty in the human diet, is a welcome member to the club. In its pure state it has few draw-backs. The trouble starts when manufacturers start mixing it with sugar and bad fats.

High cocoa content, low sugar chocolate and 100% cocoa drinks are a fine addition to the admissible foods for the Natural Eater. See also following Q&A "Measuring G.I."

### Reader's Questions

#### Hot Spicy Foods

**Q.** *Yesterday I ate a spicy Thai meal, and today I ate a hot Indian curry. I now feel uncomfortable and have the sensation of a 'burning' stomach.*

*I have also heard that hot, spicy meals can provoke outbreaks of eczema.*

*What is the take on hot, spicy foods?*

**A.** First, the anthropological connection. The "hot" spices are almost always derived from the various members of the capsicum family. This includes chili, cayenne, and paprika.

These plants have their origins in central and south America and only entered the diet around 400 years ago. They were therefore not present in the homeland of the human race in central Africa.

For humans, chili peppers, cayenne pepper and paprika are a 'novelty' in the diet and must undergo suitable vetting before being admitted to the exclusive 'club' of foods suitable for human consumption.

How do chillies etc... shape up? The first warning signs are, of course, their "hot" taste and red color. These are defense mechanism developed by the plant for just such a purpose – to stop hungry predators from eating them! Humans have learned to ignore the red danger signal and they choose to ignore the taste too!

Does it matter? Certainly! Hot spices are an irritant. They cause irritation and inflammation in the mouth and other sensitive areas of mucous membrane -- including the stomach. So it is not surprising that many people feel heartburn.

What about allergies?

This is the interesting point. It has recently been discovered<sup>1</sup> that these peppers cause the intestine to become porous. Normally the cells lining the small intestine bind together in what are called "tight junctions" to keep foreign substances out of the bloodstream. An allergic reaction occurs when an allergen passes through such junctions.

Allergen protein molecules, such as milk casein or wheat gluten, that are normally too large to pass through the intestinal wall into the bloodstream, percolate through when hot spices are around.

So, the answer to your question is: yes! Hot spices definitely increase allergic reactions – and that includes eczema.

In any event, anyone who suffers from allergic reactions should systematically avoid consuming wheat gluten and milk protein – they are the most potent allergens around.

Not surprising really – humans are not genetically programmed to consume them anyway.

#### Flatulence

**Q.** *It occurs to me that a diet like Natural Eating may cause a great deal of wind...am I right and will this make me more unsociable than I already am?*

**A.** You are right in saying that it is normal for humans to have a small amount of flatulence when they are following their Naturally adapted eating pattern. There are always plant residues that arrive at the

<sup>1</sup> *Journal of Nutrition; 1998; 577-581*

colon. Good bacteria feed on these and, as a by-product, produce methane and hydrogen. Nevertheless, the flatulence should be neither omnipresent nor malodorous.

However, you say that you suffer from IBS. In that case you are probably producing vast quantities of gas. By eating naturally you should find a large reduction in gas production – matched by an improvement in social acceptance!

### Macrobiotic Cake

**Q.** *What about macrobiotic cake? Ingredients: corn flour, soy flour, brown rice flour, raisins, brazil nuts, colza oil.*

**A.** First of all the good news: Full marks for the use of a “good” oil – colza (canola) oil.

Now for the bad news:

First: Bad Carbohydrate! Corn flour, rice flour and raisins are really “bad” (high G.I.) carbohydrates. One very good reason to avoid this product.

Second: Poor Food Combining! The presence of two high protein foods, soy flour and brazil nut in association with all that starch: this is a potentially bad combination. Furthermore, the presence of a fruit (raisins) albeit dried, for many people is a poor combination with those starches and proteins.

Avoid.

### Measuring G.I.

**Q.** *The Introductory Guide says that foods with a Glycemic Index (G.I.) of more than 65 are “bad” and foods with an index of less than 35 are considered “good.” At one point in the Guide it says to look at the label to figure this out.*

*My question is--How? Just by the ingredients? Or do you have an equation or formula that can be used to figure out the Glycemic Index?*

**A.** You put your finger on a good point. How are we to know the glycemic index, unless we are told it? The answer is – we don’t! The only way to know the G.I. for a particular food is to feed it to volunteers under controlled conditions and then measure their blood sugar level at half-hour intervals.

When this was first done in the early 1980’s it revolutionized the way carbohydrates were viewed. The researchers were astonished to find that the ‘common sense’ medical advice to prefer ‘complex carbohydrates’ was quite wrong. It turned out that wholewheat bread was no better than white bread which in turn was no better than sugar itself! -- or that the cornflake itself was just as bad as the honey coating!

The only ‘safe’ foods (surprise, surprise) were the “very complex carbohydrates” such as green and yellow leafy vegetables, and low sucrose fruits. In other words, human beings have a bio-chemistry perfectly adapted to this kind of carbohydrate. That is how our bodies are made, and that is the kind of fuel to give them.

Human beings’ bio-chemistry is over-stressed by sugars, starchy carbohydrates (as found in cereals and grains); and some tubers (like potatoes). These are substances that have intruded into the human diet very recently. They have major drawbacks and we have no business consuming them.

Since the time of the first researches, hundreds of carbohydrates have been studied and their glycemic indices evaluated. This information is available in the Natural Eating *Survival Manual* for example.

If the food you want is not in the table? You can make a reasonable assessment by finding analogies with similar foods. But the real question is: what are you doing

eating a food over which you have doubts anyway?

The very fact that the food has an ingredient label means that it is processed and is a confection of many additives and ingredients. Its effect on the body bio-chemistry is unknowable and therefore such a food is suspect.

Food labels need to get a lot more sophisticated yet, before the consumer will have all the information to make wise choices.

For example, in Europe, there is a brand of very dark, low sugar chocolate that mentions its Glycemic Index on the packet. It has a low G.I. of just 22. What do you know? -- a safe confectionery item!

A move to labeling like this would be a tremendous help, not only to consumers, but also in creating a more honest mentality amongst manufacturers about their products.

### Gluten free Rice Pasta

**Q.** *What do you think of gluten-free rice pasta. (ingredients; rice flour, potato starch, salt, spinach)?*

**A.** Bad, bad carbohydrate! Ordinary rice pasta has a G.I. of 90 – a lot worse than sugar and almost as bad as glucose itself. Potato starch only adds to the injury.

You may think that the absence of gluten is a good thing. So it is – particularly for gluten intolerant individuals – but removing gluten has the unwanted effect of raising the G.I. even higher!

Avoid.

### Courage to the Sticking Post (3)

*Changing the way you eat means that you have to confront and change ingrained habits and attitudes. It’s not straightforward! We need to focus our energies where they will have most effect.*

**Rewards for keeping goals.**

Changing ingrained food habits is just like coming off drugs. What kind of person are you? Cold-turkey or weaner? Be honest!

If you need a carrot as well as a stick, then make a contract with

yourself of the following type: agree to eat strictly 'Naturally' for six days of the week. On the seventh eat how you like.

You will be surprised how quickly those highly desired junk foods suddenly seem tawdry and unhealthy – and make you feel bad!

### Feature Article – Natural Eating for Disease Control – IV THE FOOD/DIABETES CONNECTION

There is a huge body of scientific studies to show that our eating habits strongly determine our susceptibility to a wide range of disease. In this series of articles we summarize these results.

*Last month we looked at the food/ Cancer connection. This month we look at the food/diabetes connection.*

## DIABETES

### 'Adult onset' diabetes (Type II):

This is a scourge of the western diet and is increasing exponentially. Fully one half of all *amputations* of hands and feet in the US are due to diabetes. Similarly it is a leading causes of *blindness*. People who are diabetic are much more likely to be obese and have heart disease, high blood pressure, thromboses and strokes.

Why is diabetes increasing so much? Why do Eskimos, Aborigines, Polynesians, American Indians have such fantastically high rates of diabetes as soon as they adopt a Western diet?

What is it about the Western diet that is so harmful? To answer that question we have to remember that diabetes is due to a disfunctioning blood-sugar control system.

Why does it suddenly cease to function properly? Because it has caved in to the onslaught of blood-sugar making foods! As explained earlier, these are the Bad Carbohydrates.

Borderline Carbohydrates are implicated too once diabetes has installed itself.

### Diabetes (Type I)

This is a much rarer disease. It is an auto-immune disease. The immune system turns against the insulin-producing cells (in the pancreas) and destroys their ability to manufacture insulin.

Nevertheless, for these sufferers too, diet is a prime means of controlling the progress of the disease. It is just as important to reduce the needs for insulin injections as for type II diabetes. Which leads on to the topic of insulin...

### Insulin

But cannot diabetes be cured by insulin injections? For many decades it was thought that insulin was a miracle cure. Overnight a dying person could be 'cured' and given many years of more useful life. This is true.

However it has slowly seeped into the consciousness of the medical establishment that there is a big downside. This is the side-effect of insulin, as a hormone, acting on all sorts of other body functions. These give rise to the much higher risk of cardio-vascular and myriad other diseases.

One big problem with insulin injections is that they present a sudden surge of concentrated hormone to the body. This is

nothing like the closely matched secretion, minute by minute, of the body itself.

However, perhaps half the number of diabetics do not need insulin injections at all. In spite of that, their risks are hardly lower. They still have insulin levels wildly out of control - and the same risks of disease.

What can be done about this? Very simple - don't put the body under blood-sugar stress in the first place!

The most important thing a diabetic and pre-diabetic can do, is to stop presenting unreasonable demands for insulin. Demands to treat foodstuffs that the body was never designed to process. That way insulin levels are kept low all the time.

This is how our ancestors operated, and when Aborigines, Polynesians etc... return to their ancestral eating patterns, their diabetic symptoms improve dramatically.

One last comment: *exercise* has been found to have a marked restorative effect on glucose tolerance. Read Chapter 8 of the new book and make sure that you exercise at least to the minimum shown there.

diabetes HELPFUL FOODS - definitely favour
<b>All Unrestricted Salads and Vegetables.</b> see Survival Manual
<b>All unrestricted fruits:</b> see Survival Manual: apples, oranges, pears, cherries, strawberries, plums, peaches...
<b>Omega 3 oils (moderation):</b> canola oil, walnut oil, flaxseed oil, ...
<b>Oily Fish (moderation):</b> salmon, tuna, sardine, mackerel...
<b>Raw Unsalted Nuts (moderation):</b> almonds, walnuts, brazil, hazel etc...
<b>Legumes:</b> lentils, beans, garbanzo (chickpea)...

diabetes UNHELPFUL FOODS
<b>Bad Carbohydrates - cut out:</b> most cereals, bread, pastries, sugars, honey etc... see Survival Manual
<b>'Borderline' Carbohydrates - cut out:</b> remaining cereals, dried fruit, etc... see Survival Manual
<b>All Bad Fats- cut out:</b> lard, dripping, butter, cream, butter, margarine, spreads, milk, palm oil, coconut oil, saturated fat, trans-fatty acid, hydrogenated fat.
<b>All Omega 6 Vegetable oils - cut out:</b> sunflower, safflower, corn oil, peanut oil, evening primrose oil....
<b>High Meat diet:</b> this places increased demands on insulin secretion.

OTHER UNHELPFUL LIFESTYLE ACTIVITIES
<b>Lack of exercise:</b> good exercise dramatically improves glucose tolerance.
<b>Overweight:</b> being overweight is one of the leading indicators of diabetes. Whether it is cause or effect, reducing weight is helpful. <b>Slim down.</b>
<b>Smoking:</b> diabetics are particularly vulnerable to poor circulation. Smoking causes blood vessels to constrict and reduce even further the circulation to the extremities (feet, fingers, eyes etc...) <b>Cut out.</b>
<b>Stress:</b> stress causes the production of adrenaline and cortisol. Both these in turn disrupt insulin control. <b>Calm down!</b>

Next month: *Obesity and Overweight*

### Dining Out

*Eating out need not be a challenge -- if you do it to a plan.*

#### 3. Always ask for extra colored vegetables.

The status of the vegetable is absolutely lamentable in most restaurants. Vegetables are the Cinderella of the menu. They are usually offered as an afterthought

or as a token accompaniment to the 'main' dish.

Indeed the quantities offered can be quite laughable – as in French Nouvelle Cuisine.

Always ask what vegetables of color are available. Keep in mind the type of vegetable we are after. Often sweet corn is offered as a vegetable - even wild rice. These are just bad carbohydrates.

Always order extra portions of any of the 'free range' vegetables listed in the 'Golden Rules' of the Survival Manual.

Finally, insist on quality. Your vegetables should be lightly steamed or stir fried. Send them back if they are soggy, overcooked or soaked in grease.

Be encouraged to know that restaurants are always solicitous –

even abashed and willing-to-please – in these situations.

### Lobby Fodder

*This month it is the wretched unfortunates of the Third World who are receiving the marketing attentions of big business:*

#### Vitamin 'A' Campaign Launched

Some of the largest food companies are banding together with the U.S. government to add vitamin A to the diets of developing countries.

USAID, backed by Hillary Clinton, wants to get local foods 'fortified' with vitamin A, "just like the breakfast cereals and many other foods that Americans eat".

Kosovo: All cooking oil shipped as part of U.S. relief *must* be fortified with vitamin A. Cargill Inc., the food conglomerate, is the happy supplier.

USAID wants Uganda to add vitamin A to that country's sugar.

"It's much easier if we can get these things worked into flour and sugar", said Dan Wright of BASF Corp., which will provide bulk vitamin A to the campaign.

Participating companies, also include Procter & Gamble, Monsanto and Tate & Lyle.

When USAID ran a pilot project with Tate & Lyle to fortify sugar in Zambia, *sales increased 15%*.

#### Comment:

Can you believe it... fortifying *sugar!* What a scandal... one of the glories of the poor-country diet is the absence of sugar. Now Tate and Lyle have found a way to persuade

destitutes to part with their pennies for it.

And trailing not far behind: the miserable refugees of Kosovo. No choice there. US help comes with conditions: help Cargill's profits by taking the obligatory 'fortification' of Vitamin 'A'.

Anyway, why is cooking oil a priority for hungry, malnourished people?

And the German chemical giant BASF, is slaving at the thought of shifting bulk Vitamin A into all those bad carbohydrates, flour and sugar.

A cynic might think that they are simply preparing the ground – to sell fancy treatments for the sickness they are promoting.

Next year will they be lobbying to sell cancer, blood pressure, and diabetes drugs to the Third World?

### Darwin Label Exposed

"Crab Delights". Yes, they are allowed to announce 'Crab' in very large letters, provided they explain straight after that it is 'imitation'.

However most people are aware that so-called 'crab' sticks are usually made not from crab but from white fish. There it is: pollock and whiting. So what is the problem?

Well, there once again is our old nemesis: sugar! Right there as the fourth item is sugar itself. Then come the Fifth Columnists and bad carbohydrates: modified cornstarch, wheat starch, fructan, and glucose.

As if this were not enough, they've added for good measure the 'benign' sugars fructose and sorbitol!

Why does a crab stick need all this sweetening? You thought you were eating a protein food? Protein only accounts for 12%! There is almost as much sugar!

What is happening to our taste-buds? That is the really insidious thing – almost every processed food has sugars routinely added to them. We are being subliminally turned into sugar junkies.

Oh, and by the way, water is the second most important additive. Yes, 25% of this product is water!

What about the artificial flavors artificial colors, sodium poly-this and potassium chloro-that?

Well, they've all been passed by the FDA as 'safe' food additives – so that's all right then!

Are there any redeeming features? Yes the crab stick is fat-free. Sorry about the absence of 'good' fish oils!

### Spreading the Word

The editors of the 'Style' section of the prestigious Sunday Times (of London) are excited by the new concept of Natural Eating. They particularly like its presentation in the Introductory Guide.

Originally thinking of just doing a short column, they have expanded the coverage to a two page feature. It is scheduled to appear in mid-to late-April.

This is excellent news for the cause of healthy eating in general and Natural Eating in particular.

#### 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

Natural Eating Co Ltd  
7, Maxwellton Close  
London NW7 3NA, UK  
tel: +44.181.959.2110  
fax: +44.181.959.7549

e-mail: [admin@naturaleater.com](mailto:admin@naturaleater.com)

web: [www.naturaleater.com](http://www.naturaleater.com)

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