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**Private Subscription Newsletter**

Austere Longevity; Penile Arteries; Darwinian Slim-Fast; Cauliflower cheese; Anti-cancer Cabbage; RDA of Vitamin C; Q&A - Cold-pressed Oils, Jam's Hidden Sugar, Chocolate Origins, Cold Weather Cuts; Realistic Goals; Feature V - Obesity; M&S anti-GMO; Lobby Fodder - Milk Campaign - Racial anti-milk Campaign; Slim-fast Label Exposed; Upcoming Events.

**News this Month**

**Albania for Life**

A study in The Lancet found that Albanians have one of the longest life expectancies in Europe.

This surprising finding comes as Albania grapples with developing its poor, third-world, economy.

Death from cardio-vascular disease is only 50 % of the rate in the UK and US.

"This paradox of high adult life expectancy in a very-low-income country can be most plausibly explained by diet – namely, low consumption of: total energy; meat; milk products; and high consumption of: fruit and vegetables..."

Source: Lancet 1997; 350:1815-17

**Comment:**

Another example of the extraordinary benefit that a healthy eating pattern can have on health and longevity.

The Albanian diet is close to the Natural Eating pattern – thanks to the luck of geography, climate, economy and tradition.

Albanians don't eat a lot, and what they do eat is largely fresh fruit and vegetables. It takes up 75% of disposable income. Americans could, simply by changing their purchasing patterns, do the same, and still stay within their (only) 15% of disposable income spent on food.

The challenge for Albania, with increasing prosperity (and as host to NATO forces), will be to avoid emulating the bad eating patterns prevalent in the West.

**When Hard means Soft**

**Hard Arteries: Sagging Performance**

High blood pressure and arterial disease is the main cause of impotence in men, according to research published in the American Journal of Hypertension.

A Danish study of 101 men with high blood pressure, found that 27% were impotent – contrasted with the 4% in the general population.

Eighteen of the 27 impotent men couldn't have erections due to hardening of the arteries in the penis.

SOURCE: American Journal of Hypertension 1999;12:271-275.

**Comment:**

Another wake-up call to men: keep your arteries in good shape – there's an important one that could let you down at a critical moment!

After all, men have the potential to procreate right to the end – and you don't have to go looking for Natural Eaters in hidden valleys of the Andes or Himalayas – you can do it right here in your kitchen.

So how to avoid arterial disease? How to keep low blood pressure? That's right – step up consumption of those fruits and vegetables. Cut down the bad fats and bad carbohydrates.

Check out the full story in the February 1999 issue or in your Survival Manual.

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

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

Look Good  
Feel Great

ULTRA

**Slim.Fast**

Delicious Energy Snack

Nutritional Snack Bar

**Nutritional Facts**

Serving size 28g  
**Calories** 120  
from fat 35  
**Total Fat** 4g  
sat fat 2.5g  
**Cholesterol** less than 5mg  
**Sodium** 80mg  
**Total Carbohydrate** 21g  
Dietary Fiber less than 1g  
sugars 13g  
**Protein** 1g

**INGREDIENTS:**

SUGAR, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL (PALM KERNEL, SOYBEAN AND/OR PALM OIL) NON FAT DRY MILK, CRISPED RICE (RICE SUGAR, MALT EXTRACT, SALT) WHEY, DUTCHED COCOA (PROCESSED WITH ALKALI) ROASTED PEANUTS, GUM ARABIC, WHEAT FIBER, BROWN SUGAR, SALT, ARTIFICIAL FLAVORS, AND SOY LECITHIN (EMULSIFIER).

**VITAMINS AND MINERALS:**

CALCIUM PHOSPHATE, SODIUM ASCORBATE, FERRIC ORTHOPHOSPHATE, VITAMIN E ACETATE, NIACINAMIDE, CALCIUM PANTOTHENATE, ZINC OXIDE, VITAMIN A PALMITATE, PYROXIDINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN MONONITRATE, FOLIC ACID, BIOTIN, VITAMIN B12, AND VITAMIN D3.

### Simple Food Fix

*When you are in a hurry it is good to have some simple food fixes up your sleeve. The recipes in this series are just that: quick and simple. They do not pretend to a high level of sophistication.*

#### Cauliflower Cheese

1 large head (18 oz) Cauliflower  
6 oz sharp Cheddar Cheese

- Clean the cauliflower head of extraneous leaves and rinse it thoroughly.
- Boil the whole head until cooked lightly (about 5 mins). (Better to steam, if time, -- about 15 mins).
- Drain the head and set to one side on a large plate.
- Take the cheese, cut into small cubes and put into a microwave-proof bowl.
- Melt the cheese in a microwave oven. (Turn occasionally and use several 20 second bursts until the cheese is melted right through -- about 80 seconds.)
- Pour the melted cheese uniformly over the cauliflower head.

Serves 2.

#### Comment:

Cheese? Yes, this is a lapse from the ideal, but a minor one. 3 oz of cheese two to three times a week is quite admissible from a health point of view provided you are keeping up the high consumption of vegetation.

(Plainly, this dish is not for those who suspect that cheese is at the origin of allergies, digestive upset and the like.)

Choose a good sharp whole cheese whose flavor spreads thinly. You might have to experiment with different makes of cheddar to find one that melts well without separation. Low fat cheese does not melt well and is not recommended.

The ratio of vegetable (and alkaline) food to high density (and acid) cheese is reasonable at 3 to 1.

Cauliflower is one of the 'super-vegetables'. Eat often.

### From the Newswire

#### Crucifers Check Bladder Cancer

A high intake of cruciferous vegetables reduces the risk of bladder cancer in men, according to a study of fruit and vegetable intake.

Dr. Dominique S. Michaud and colleagues from the Harvard School of Public Health, Boston, Massachusetts and from other centers, documented 252 incidences of bladder cancer among 47,909 men enrolled in the Health Professionals Follow-up Study between 1986 and 1996.

The more one eats broccoli and cabbage, the less is the risk of getting bladder cancer.

Source: *J Natl Cancer Inst.* 1999;91:605-613.

#### Comment:

Yes, eat up your greens, specifically broccoli and cabbage, to reduce risk of bladder cancer.

It is well documented that all the thousands of micro-nutrients in fruit and vegetables are essential to immune system health -- and thus cancer suppression.

### Policy

#### Increase In RDA Of Vitamin C Advocated

The recommended daily allowance (RDA) of vitamin C should be 100 to 200 mg/day. So says Dr. Mark Levin's group from the NIH and USDA. They examined scientific data published since 1989, when the current RDA of 60 mg/day was set.

"Adequate intake was estimated to be 200 mg/d from 5 servings of fruits and vegetables" Dr. Levin and his colleagues write.

Doses of 1000 mg or more "...could have adverse consequences in some people and physicians should counsel patients to avoid these doses."

Dr. Levin's group notes that it may be difficult for some individuals to meet their vitamin C needs through dietary intake, and for them "...a supplement containing 200 mg of vitamin C should suffice."

JAMA 1999;281:1415-1423.

#### Comment:

So the RDI (Recommended Daily Intake) for Vitamin C is to rise from 60 to 200 mg/day. For a long time it has been known that the figure of 60, while good enough to prevent scurvy, is not good enough for optimum body function.

What has Natural Eating got to say about it? For this we go back to the eating patterns of our ancestors in the savannah of East Africa. This tells us that our ancestors would have been consuming, something like 300 mg/day of Vitamin C from their foods. So we can be pretty sure that that is the level that our bodies are designed for.

Of course, anyone following the Natural Eating precepts, will be achieving this level without any difficulty. But note the last comment: that supplements should be taken by those individuals whose diet is deficient.

What an attitude! -- and this from a doctor! Clearly doctors don't even think of the honest solution: educate people into changing their eating habits. No -- just take this pill and carry on with your dietary errors...

### Reader's Questions

#### Cold Pressed Oils

**Q.** Canola<sup>1</sup> oil. How important is it for oil to be extracted by cold-pressing rather than by solvents and heat?

**A.** This is a good question. Most oils available on the supermarket shelves have been extracted under pressure, heat and sometimes solvents. Does it matter? There is a risk that some fragile components, such as alpha-linolenic acid will be destroyed in the process. If true, this would be a huge draw-back.

<sup>1</sup> Also known as rapeseed, colza

The Western diet is terribly deficient in this essential fatty acid.

The good news is that, for canola oil at least, this is not the case. Major clinical trials, like the Lyon Diet Heart Study used regular supermarket canola oil – and still got the spectacular improvements in health.

Secondly, the data supplied by the manufacturers confirm that the fatty acid profile of their canola oil is as good as the cold pressed sort.

Nevertheless, many people feel that it is worth paying the extra premium to have an oil that has not been so highly processed. If the oil is cold pressed and organic, the taste is better, it surely retains all the goodness, and will be free of pesticide. It's up to you!

### Jam's Hidden Sugar

**Q.** What about Fruit type spreads? They claim to be just fruit, with added grape-juice-concentrate. But the final product is very high sugar (over 50%). Will it have a high G.I.? (Glycemic Index)

**A.** Quite. Grape juice is very rich in ordinary sugar – that's why it ferments so well!

But manufacturers have seized on the idea that "grape juice" doesn't sound as threatening as "sugar cane juice" (sugar). Furthermore it sounds vaguely healthy, just being the extract of another fruit.

No – when you see grape juice (especially 'concentrated') on a food label, just read it as 'sugar'.

Your fruit spread product has to admit on the label the total sugar content – and full marks to you – you picked it up. It will have a similar G.I. (90) to the jam in your Survival Manual's 'Bad Carbohydrate' tables.

### Original Chocolate

**Q.** Chocolate: is it such a novelty? Wasn't it Cortes who discovered it in the 16<sup>th</sup> century? Anyway if it is new, why is it considered a safe food?

**A.** Quite right, chocolate originated in central America and was brought to Europe by the conquistadors nearly 500 years ago. That makes it a novelty food as far as human adaptation is concerned.

A food has to be a common feature of the human diet for at least 50,000 years before it can be said that human beings are naturally adapted to it.

In spite of that, pure cocoa is really quite a safe food. Some people are under the false impression that it contains a bad fat. The chief component, stearic acid, is indeed a saturated fat, but it happens to be one that is relatively benign.

The rot sets in when chocolate manufacturers add sugar, bad fats and even milk.

Cocoa and baking chocolate (100% cocoa) are fine. Just supervise what you mix them with! (Recipes for a safe chocolate mousse and a cocoa drink are to be found in the Survival Manual).

Commercial, dark, bitter, chocolate that is low in sugar and high in cocoa mass – over 70% – is quite acceptable in moderation.

Finally, remember that just because a food is a novelty doesn't mean that it is condemned out of hand. Natural Eating is also about vetting new foods that can be admitted to the club.

### Cold Weather Cuts

**Q.** We live in a ski resort, and it is cold for long periods of the year. Is the Natural Eating pattern still adequate? We feel that we need different, more substantial foods during cold weather.

**A.** Human beings are still built as tropical creatures, so you are already creating a distortion by living in a cold place! Nevertheless large numbers of people do, and certain tribes, like the Eskimo do so under the most extreme circumstances.

You might think that the Eskimo will have developed a body chemistry adapted to the cold. But that is not the case. The traditional Eskimo has just the same characteristics as anyone else.

His body fat is the same; his vital signs are the same. He compensates for the cold entirely by man-made stratagems – mainly by wearing very thick clothing.

The Eskimo's body (and yours) are still the same tropical biochemical machine. It still has the same fueling requirements. It follows that Eating Naturally is still the ideal eating pattern.

In a cold climate there is a higher incidence of shivering, bustling and stamping to keep warm. But this won't be much – no more than about 200 calories/day.

Simply eat more of the same normal NE regime. Psychologically it helps to shift to thick, hot vegetable and legume soups. Check out the vegetable broth in the September 1998 issue. A lentil soup recipe will be published soon.

That is the wonder of modern farming and distribution – we can live in inhospitable places yet eat savannah-compatible foods. Make the most of it!

### Courage to the Sticking Place (4)

#### Keep goals simple, realistic and pertinent.

Decide on a simple goal and work on it (like the resolution to eat at least two apples a day).

Don't undertake a goal that is unrealistic (like aiming to lose 5lb per week).

Keep your goals pertinent: don't put your precious nervous energy into low priority changes (such as the worthy, but less important, ideal of eating exclusively organic).

**Feature Article – Natural Eating for Disease Control – V  
THE FOOD/OBESITY 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/ Diabetes connection.  
This month we look at the food/Obesity connection*

**OVERWEIGHT, OBESITY**

Everything we know about our prehistoric ancestors is that they were *lean*. Everything we know about our biology today is that to be overweight is unhealthy.

For our ancestors, food bonanzas were rare. Most of the time they were slightly hungry. We can imagine why. Getting food required *work*. They did the minimum work necessary for survival. If they finished lunch hungry, they had a choice. Go off for an hour or two and find more food - or have a siesta during the heat of the day. There was thus an automatic mechanism controlling the intake of food. You had to *really want* the food to go to the effort of getting it.

Humans, unlike some creatures, were not living surrounded by their food. We do not have a well developed satiety reflex. That is to say, our bodies do not have strong signals telling us to stop eating. That never had to be programmed in to us in our Pleistocene past. On the contrary we have a reflex that tells us to keep eating for as long as there is food around.

Today of course, in the affluent countries, we are surrounded by food. At the slightest desire, we can with no effort, satisfy that desire. Today we therefore have a tough call - to exercise *self-discipline*. Fortunately that self discipline can be exercised not so much on the *amount* we eat but on *what* we eat.

Focus your efforts on eating in accordance with the 'Natural Eating' principles. Don't worry about *how*

*much* you are eating. Weight loss will take care of itself.

But how much weight is excess? There is a rule of thumb known as the Body Mass Index (BMI). It is calculated as your weight (in kg) divided by your height (in meters) squared. The same figures apply to both men and women.

Really lean hunter/gatherer societies like the Australian Aborigines or the Bushmen of the Kalahari have BMI's in the range 13 to 19. These peoples have low blood pressure, no heart disease or diabetes, and no cancer.

However it is common modern medical wisdom to say that a good healthy BMI is 20 - and that anything up to 25 is OK. After that one is 'overweight' up to BMI of 30. Over 30 is 'obese' and over 35 is 'grossly obese'.

"Fat makes you fat": yes that is true, but if that were the whole story, Americans, who are paranoid about fat, would be the slimmest nation on earth. Instead, in spite of the 20 year drive against fat in the diet, Americans are fatter than ever!

No, there is a second factor: Bad Carbohydrates. Yes, having got this far in the book, you will be well aware that the sugars, pastries, breakfast cereals, breads, pastas, potatoes ... are the new villains of the piece. Indeed as fast as manufacturers have taken fats out of their products, so they have added sugars and other bad carbohydrates. After all the manufacturers are driven by sales, and what the public will buy is foodstuffs that are *tasty*. And sugars are cheap and easy taste enhancers.

Body Mass Index and Weight			
	Healthy	Overweight	Obese
BMI	20 to 25	25 to 30	30 to 35
Height	wt - lb.	wt - lb.	wt - lb.
5'-3"	113 to 141	142 to 169	170 to 197
5'-8"	131 to 164	165 to 197	198 to 230
6'-0"	147 to 184	185 to 221	222 to 258

This table gives some typical values:

So what can be done about being overweight? Live like an Australian Aborigine! All right, in the real world that is not possible, so what are the strategies that we can deploy?

**Manufacturers find that sugars are cheap and easy taste-enhancers**

It is up to you, the public, to be more discerning! This chapter has given you the tools to be so. Read the small print on all the food labels. Ruthlessly exclude fats *and* bad carbohydrates!



Finally, bad food combinations, especially starch/fat and starch/protein. Why are they so bad? Well, remember how starch increases the level of insulin in the blood? And insulin is the fat storage hormone? Eat fat at the same time as starch, and insulin will obligingly put the fat on the fast track into your fat cells! So... Bread and butter, french fries, potato chips are very fattening combinations!

What about the protein? Here there is a double whammy. First the protein magnifies the starch's effect on insulin production - so more of this pesky hormone is there to do its dirty work. Secondly, there is *always* fat associated with protein.

No meat, no fish, no cheese, no egg, is without an accompanying cargo of fat. Even most vegetable proteins (nuts, peanut, soy-bean, garbanzo...) are not exempt. So... Hamburgers, hot dogs, pizzas, steak and fries, cheese sandwich... are very fattening combinations!

What if you separate them out? Which of these two options is better:

- i) to eat two hamburgers - the second one two hours after the first or,
- ii) to eat the two buns first and then the two meat patties two hours later?

Setting aside the wisdom of eating hamburgers at all, the second option is far superior from the point of view of controlling obesity.

In both options, the same amount of food is eaten. But in the first case (the most common one!) the starch in the hamburger bun will be levering the fat in the meat patty into the fat cells.

In the second case, your insulin levels will be back to normal after being stimulated by the bun. There is nothing therefore to encourage the fat in the meat patty to be stored in your fat cells. With a bit of luck the fat will be excreted unabsorbed.

**UNHELPFUL FOODS**

- Bad Carbohydrates- cut out:** most cereals, bread, pastries, sugars, honey etc... see Survival Manual Ch. 3 p. 3
- Borderline carbohydrates - cut out:** remaining cereals, dried fruit, banana, rice, etc... see Survival Manual Ch. 3 p. 4
- All Bad Fats- cut out:** lard, dripping, shortening, butter, cream, milk, milk products, saturated fat, trans-fatty acid, hydrogenated fat, spreads..
- All Omega 6 Vegetable oils - cut out:** sunflower, safflower, corn oil, peanut oil, evening primrose oil ...
- Animal Flesh:** beef, pork, lamb, meat products like sausage, salami, corned beef

**REPLACE WITH THESE FOODS (as much a you like):**

- All Unrestricted Salads and Vegetables:** see Survival Manual Ch. 3 p. 5
- All Unrestricted Fruit:** see Survival Manual Ch. 3 p. 5. Apples, oranges, pears, cherries, strawberries, plums,...

**OTHER UNHELPFUL LIFESTYLE ACTIVITIES**

- Bad Food combinations:** see foregoing paragraph. Starch/fat and starch/protein combinations are very fattening.
- Lack of exercise:** good exercise helps restore malfunctioning glucose and fat metabolism. It's not just the calorie burning that is important!
- Alcohol:** some people can reduce weight even though consuming alcohol moderately (for example a glass of dry wine a day). But, yes, alcohol *is* empty calories; but more importantly it prevents the release of stored fat from the fat cells into the bloodstream. Not good for slimming!
- Stress:** stress causes the production of adrenaline and cortisol. Both these in turn provoke insulin production - and insulin is the fat storing hormone!

Next month: *The Food/Osteoporosis connection*

**G.M.O. Update**

Genetically Modified Organisms may or may not be 'safe'. That is not the point. Volcanic ash might be 'safe' - but is it food?

GMO is taking us yet further away from our naturally adapted food

supply at accelerated speed. Hence our opposition.

**M & S falls into line**

In response to consumer demand, Marks and Spencer, the UK quality prepared-food supermarket, is undertaking the progressive

elimination of GMO from its products.

They join Tesco, Sainsbury and other major UK supermarkets in rooting out these unwanted intruders in the supply chain. M&S say that it will take several months to achieve their aim. The products

most affected will be soy bean oils and tomato paste from the USA.

Meanwhile in the USA, the FDA, which has stood aside from regulating GMO, stays silent. What of American Consumers? So far they remain silent too...

### Darwin Label Exposed

"Slim-Fast"? How cynical can snack manufacturers get? Do they think that the consuming public are like geese to be plucked?

The name of this snack is a most dishonest attempt to deceive.

It would be hard to find a foodstuff that was more fattening!

Just look at the ingredients: sugar and corn syrup to start with. They will get your insulin levels spiking nicely – just in time to receive the next ingredient: vegetable oil.

All that lot then slides effortlessly into your fat cells – all 120 calories from a small 1 oz snack bar.

Anything else? Sure! Let's take a closer look at this vegetable oil. Palm oil is a really bad one, loaded with artery corroding palmitic acid. Soy bean is less bad, but they've spoiled that by partially hydrogenating it. i.e. by turning it into another saturated fat.

Finally, they've put in a cocktail of artificial minerals and vitamins. That's just the Judas goat to lead you astray. Get those important micro-nutrients from where they naturally occur: vegetation.

### Lobby Fodder

*The consumer is under constant assault from vested interests:*

### Milk the Kids

"Get them while they are young" that is the latest tack of the Milk Mustache campaign.

Buy two gallons (*two gallons!*) of milk and you can send off for a Hearst Magazine children's book.

Parents are encouraged to have regular milk-and-storytime sessions with their children.

They come up with some 'cute' ideas to tempt your kids to be good milk consumers. While reading Hearst's book to your 6 year old:

- "Let kids dip and dunk cookies in milk and yogurt" and,
- "Make a silly milk mustache after reading a funny book."

### Comment:

How many of us have been indoctrinated into unhealthy feeding patterns at an early age? Just about the entire population of the Western World...

Anyone is fair game – particularly our kids! And worse – they enlist the parents as accomplices!

The campaign goes on to play on parents' fears:

Suzanne Craig, a registered dietitian in the pay of the National Dairy Council says "How are parents to know that their children are getting enough bone-building calcium? Try turning storytime into milk time".

OK, so one cannot trust a vested interest – but neither can you trust the views of a registered dietitian... And the innocence of a child's storytime is suborned into a high pressure sales opportunity for the Dairy Council!

As ever, the consumer has to be highly skeptical of marketing campaigns.

In marketing campaigns there's no free lunch; and always ask *cui bono* – who benefits?

So are we on our own? Or is the US cavalry galloping to our rescue? Not quite, but the next story shows that the battle is not one sided. There are vested interests who have an opposing agenda:

### Milk Promotion "Racially Biased"

The Physicians Committee for Responsible Medicine (PCRM) wants the US Dietary Guidelines to modify its guidelines for ethnic minorities.

"The FDA should recognize that a large percentage of African Americans, Asian Americans, Hispanics, and Native Americans are lactose intolerant." And that this is normal!

The FDA food pyramid should be redesigned to "include other calcium-rich sources [apart from milk] like leafy green vegetables, beans and legumes."

**Comment:** Just so. How long before it is recognized that it is normal for white people to be lactose intolerant too? In fact more than half the American population...

Predictably the Dairy council doesn't like this muddying of their waters. They complained that the PCRM is "playing the race card".

Strong Words! It promises to be an interesting skirmish...

### Spreading the Word

#### Talks open to the public:

Sat May 22, 1999 at 6.00 p.m.  
Earthsave, at Botanic Gardens,  
Riverside, L.A. California. Tel:  
Sharon, 909 682 1196

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