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## Private Subscription Newsletter

**Young Greasy Hearts; Thin Thin Virtue; Obesity Costs; Chocolate Mousse; Q&A: Microwave, Casein, Shrimp, Potato, Goat Milk, Veggie Toxins, Hints: Wraps Again, Oily Nuts; Dicing with Cheese; Feature Article: Food/Malady Connection: Complexion, Libido, Cellulite, Eyesight; Virtuous Wrap appraised; Transfat Labels; Biotech labels; Say no More: Nurses Heart Health; Messages.**

### Get Them Young

#### Heart Disease Begins in Childhood

A study of transplant hearts taken from teenage donors showed that about 1 in 6 of them had blockages in at least one coronary artery. Fifty-seven hearts were obtained from adolescents between the ages of 12 and 19.

Source: Dr. E. Murat Tuzcu, Cleveland Clinic Foundation, Ohio

#### Comment:

The alarm bells were first sounded when Col. Enos published a paper in JAMA back in 1954. He reported that autopsies on young American G.I.s killed in battle during the Korean War showed signs of well-progressed arterial disease.

At the time, nobody wanted to believe that the strapping farm boys were suffering from the 'American dream' diet. They still didn't believe it when similar studies on Korean soldiers showed no sign of heart disease.

The state of denial continued to the present day. How could one question the shibboleths of the American diet? The high meat, high fat, high dairy diet that was already driving young Americans to early heart disease.

Only today, when surgeons are looking for healthy hearts to transplant is the penny dropping. They are calling for teens to be encouraged to eat a low-fat, low meat diet and give up smoking.

### Virtue Label

*This Christmas edition we relent and publicize the efforts of food processors who are trying to do the right thing. Appraisal page 5.*

#### GARDEN OF EATIN'

#### THIN ⊗ THIN Wraps

#### Organic Whole Wheat Flatbread

*Ingredients: Organically grown whole wheat flour, water, yeast and sea salt*

#### Nutrition Facts:

**Serving size 1.25 oz (35g)**

Amount per serving

**Calories** 110 Calories from fat 10

**Total Fat** 1g

Saturated fat 0g

**Cholesterol** 0g

**Sodium** 190g

**Total Carbohydrate** 21g

Dietary Fiber 0g

Sugars <1g

**Protein** 4g

### Hit the Bottom Line

*Many companies, in a bid to reduce health insurance costs, are introducing healthy lifestyle programs for their employees. They can see an immediate transfer of savings to the bottom line, burnishing their caring image at the same time.*

#### Costs of Obesity

A recent study found that participating in a weight management program lowered health care costs \$1,648 a year.

**Continued on Page 5.**

### Holiday Recipe

*Our Pleistocene ancestors had their holidays too. A couple of times a year, when a particular food became abundant, many groups would congregate to make merry and eat to satiety.*

*No nagging from us this holiday season then. You know what you have to do. Here is a Natural Eating conforming recipe to embellish the festivities.*

#### Chocolate Mousse

serves: 4

#### Ingredients:

- 7 oz (200g) dark, bitter chocolate with minimum 70% cocoa solids.
- 4 eggs.
- 1 tbs. (15 g) fructose.
- 1 orange (preferably organic)
- 4 tbs. (60 ml) dark, flavorful rum.
- 2 tsp. (10 g) instant coffee (can be decaffeinated) in 3tbs. (45 ml) hot water.
- 4 tbs. (60 ml) water.

#### Method:

- Grate the colored part only of the orange and set aside.
- Carefully break the eggs and separate the yolk from the white.
- Break the chocolate into small pieces and put into a microwave-proof bowl.
- Add the rum, instant coffee and the water.
- Melt the mixture in a microwave, checking and stirring frequently. Avoid overheating.
- Take the yolks and the fructose and mix to creamy texture.
- Add half the grated orange peel to the mixture.
- Beat the egg whites with a pinch of salt until very stiff.

- Add the yolk/sugar mixture to the chocolate mixture.
- Blend to a smooth consistency.
- Add the egg whites to the mixture.
- Stir carefully to obtain a smooth consistency.
- Put the mixture into a dessert bowl.
- Sprinkle the remaining orange peel gratings over the top.
- Conserve in a refrigerator for a minimum of 5 hours. (Ideally make the mousse the day before consumption.)

**Comment:**

This dish is an interesting example of how a superb dessert can be made from high-density chocolate and fructose, both of them low glycemic. Look for fructose in the health food store. The eggs make this a protein-dominated dessert, so it goes best after a protein meal.

**Readers Questions****Microwave**

**Q.** *What about microwave ovens. Are they all right to use?*

**A.**

There have been some alarmist, but unfounded attacks on the use of microwave ovens.

Ordinary heat is a form of microwave radiation and we think nothing of roasting, baking, frying, broiling and barbecuing. All of these cooking methods pump the food full of electro-magnetic radiation in the form of heat.

Microwave ovens deliver electro-magnetic radiation at a different wavelength but with the same result – causing water and fat molecules in the food to vibrate faster – in other words to become hotter.

Heating food always modifies its nutritive value, destroying some nutrients and releasing others. It is a trade off. If food is going to be heated then the balance of advantage is in microwaving it. At least the food is cooked gently, quickly and in the absence of fats and oils.

**Casein**

**Q.** *Is fat free cheese and yogurt also lower in casein?*

**A.** The chief components of cheese (and yogurt) are fat and protein. If you take away the fat, then all that is left is the protein. In dairy products, the variety of protein is mainly 'casein'. Casein is not a good protein for human beings – it strongly raises cholesterol levels.

So, to answer your question. No: on the contrary, low fat cheese and yogurt has an even higher percentage of the 'bad' casein.

**Shrimp**

**Q.** *I know that shrimp is a high cholesterol food, but how dangerous is that? And what is the ratio of 'good' HDL to 'bad' LDL?*

**A.** You are right, shrimp/prawn does have a high cholesterol level but less than was originally thought. This was partly due to mistaken identity, phytosterols having been erroneously measured as cholesterol. It was partly due too, to a wide variation in cholesterol content.

Almost all shrimp and prawns eaten in the industrialised world are fish-farmed in places like Thailand and Latin America. They are fed on all kinds of garbage ranging from refuse from restaurants, rejects from meat and vegetable markets and minced up fish meal.

The final insult is to feed back to shrimps the ground-up husks of their shelled forebears. This material is known as chitin and the fish-farmer/producers like it. After all it completes in a satisfying way a kind of internal recycling of the waste products of shrimp canning.

A lot of research has gone into identifying the optimum feed to obtain fastest and plumpest growth. Chitin is sometimes treated to make a shrimp-feed, chitosan.

It has been found that shrimp fed on chitosan have lower blood

cholesterol and lower blood lipids. This you might think is good for the consumer.

Unfortunately this is not uppermost in the minds of the fish-farmers. They are swayed by the fact that on chitosan the shrimp take longer to gain weight and the maximum weight is lower. Result? We are most likely eating chitin-fed shrimp with their higher cholesterol levels.

What about the HDL/LDL ratios? Just like in chickens, cows and Americans, in shrimp this ratio jumps around according to the nature of the diet, particularly saturated fat. Has that shrimp/prawn you are about to eat been fed on the waste from a steak grille? Or on the macerated refuse from a vegetable market? It makes a difference, but who is to know?

Finally, it makes a difference as to both the sex of the shrimp and the breed. For example female penaeid shrimp have two kinds of HDL to the male's one. The significance of this to human consumers is still being investigated.

Having said all that, does the cholesterol profile in shrimps matter anyway? There is a consensus of studies that indicates that the cholesterol content of crustaceans is of little impact. Reason? They are low in saturated fat.

Indeed, people who suffer from high cholesterol do so, almost without exception, because their bodies are making cholesterol, not because they are eating it.

What are the agents that provoke the body into making cholesterol? They are saturated fats (particularly myristic, palmitic and lauric acids); high insulin levels (induced by the consumption of bad carbohydrates like sugar and cereals); and bad proteins like the casein in dairy products, particularly cheese.

Moral? Eat up your shrimp if that is what takes your fancy. Just hew to the Natural Eating precepts and avoid Bad Fats, Bad Carbohydrates and Bad Proteins!

## Potato

**Q.** You say that tubers used to be a part of our Pleistocene ancestor's diet. Yet potato is a tuber, so why do you deprecate it?

**A.** The tubers found in the East African savanna have one characteristic in common – they are low in starch. As a consequence they are low glycemic.

Potato is high in starch and is highly glycemic. That, if any were needed, is the corroboration. Human biochemistry is unnaturally stressed by the uninhibited consumption of potato.

There are circumstances where potato can be circumspectly included in the diet and these are described in the forthcoming Manual.

Some varieties of potato are less dangerous too. These were discussed in the November 1998 Newsletter.

## Capricorn Juice

**Q.** I hear that goat's milk is becoming fashionable. Is it really any better than cow's milk?

**A.** Why especially goat's milk? Why not asses milk, sheep milk or even human milk? This is just another fad. All milks without exception are quite unfit for humans (or any other weaned mammal) to be consuming – even human milk is no good for non-babies.

With that blanket condemnation, let us put goat's milk under the microscope.

The main thing to note is that goat's milk is much more like cow's milk than it is like human milk.

This is the run-down on the main ingredients that tend to interest human consumers:

### Calcium:

Human milk: 33 mg/100ml

Goat's milk: 130

Cow's milk: 125

### Casein ('bad' protein):

Human milk: 0.4 g/100ml

Goat's milk: 2.5

Cow's milk: 2.8

### Saturated Fat (palmitic acid)

Human milk: 22.6 g/100g fat

Goat's milk: 28.9

Cow's milk: 26.3

### Lactose:

Human milk: 7.0 g/100ml

Goat's milk: 4.7

Cow's milk: 4.8

So with the exception of lactose, humans are less worse off consuming human milk than either cow's or goat's milk.

But we balk at drinking human milk – and with good reason. Weaned humans simply don't have the digestive apparatus, biochemistry or nutritional needs for the consumption of casein, lactose, and palmitic acid from any source.

Give milk a miss.

## Toxic Vegetables

**Q.** You say that vegetables contain toxins. Should I worry about that?

**A.** All plants contain defenses from being eaten by their predators. These defenses can take many forms: for example prickles, stings and poisons.

In the arms race between plants and their predators, the predators also develop ways of overcoming the plant's defenses.

As plant predators, our Pleistocene ancestors developed resistance to the plant toxins present in his diet. Note that important caveat. Humans only have the antidote to the plant toxins present in our ancestors' diet.

What does this mean in practice? Fortunately there is an easy rule of thumb. Anything that we normally think of as an edible salad or vegetable we have the antidote for.

Anything that is a cereal or legume contains plant toxins that we don't have the antidote for. Indeed, lentils, beans and other legumes must be boiled vigorously before consumption.

Cereals, like wheat, also contain nasty toxins, many of which are not destroyed by cooking.

Moral? Stick to the natural eating precepts and your daily ration of plant poisons will be perfectly neutralized by your body.

If you overdose on cereals, their plant toxins will drive you into all kinds of autoimmune disease such as rheumatoid arthritis, allergies and migraines.

## Hints & Tips

### Wraps Revisited

Last month the quick-fix feature was a vegetable wrap. Some readers found that the 'fix' was not so quick! Here are some tips.

Use a large tortilla, 12 inches or more in diameter. Small tortillas are more brittle and harder to fold.

Better still go over to a rectangular wrap like the Thin Thin Flatbread featured as this month's virtue label.

Warm the tortilla in the microwave for 15 seconds first. This improves suppleness.

Lay your tortilla out on a large strip of kitchen plastic wrap. Use the wrap rather than the bread to take the strain as you fold.

Instead of folding, try rolling the wrap like a Swiss roll.

Instead of using bulky, lumpy fillers, chop them finely in a food processor. This works well with broccoli, carrots, cauliflower, coleslaw and so forth. If you like, bind them with a little low fat mayonnaise (e.g. Spectrum Naturals) or home made ketchup. (A recipe will be published shortly.)

### Oily Nuts

Nuts are a fine food, but in restrained quantities. Nuts are 50% fat.

If you eat 3 oz of nuts you are eating 1½ oz (45g) of fat. That is already close to the maximum recommended daily allowance.

### Serving Sizes

*The U.S. Government's 'serving' sizes don't coincide with the consumer's idea of a normal portion.*

#### **Cheese**

A single serving of Cheese, according to the USDA, is one ounce. That corresponds to just 4 dice.

#### **Comment:**

Ideally, cheese would not form part of the human diet. However, even we recognize that it can be incorporated judiciously into the eating pattern.

Realistically, no one is going to limit themselves to one 'serving' of one ounce per day.

For people who do not suffer the health drawbacks of cheese, we suggest that portions of two to three ounces may be consumed a couple of times a week.

## Feature Article – Natural Eating for Disease Control THE FOOD/DISEASE 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. Not surprisingly, they all point to the Natural Eating pattern as being the optimum for good health. Last month we looked at the Food/Candida Connection. This month, the final chapter of this series, we look at the connection between our eating habits and a diverse range of minor ailments.*

### Moreover...

#### **Cellulite**

Dealing with cellulite is a multi-million dollar industry, with all kinds of remedies and fixes being peddled. It is also a problem suffered more by women than men. This is not the place to make extravagant promises about how Natural Eating will cure cellulite. Nevertheless, cellulite is not a characteristic of naturally adapted human beings. Get your body chemistry functioning properly, get your weight down to the ideal and exercise regularly.

Adopt Natural Eating principles and practice the exercise precepts in Chapter Eleven.

#### **Sex, Libido and Fertility**

Studies show that a high fat diet diminishes libido and fertility. A diet high in fruits and vegetables is the most helpful. Yes, we do need to eat like rabbits to have the performance of a rabbit.

It is not surprising that our very existence as a species is dependent on a lifestyle identical to that for which we are naturally adapted. Eat naturally and get a new lease on life!

#### **Macular Degeneration**

Retinal macular degeneration (a progressive and irreversible deterioration of the retina) is the most common cause of blindness in

people over 65. Macular degeneration affects the macula, the part of the eye that distinguishes detail in the center of the field of vision. Over time, the macula breaks down, causing vision loss. Among other things, the macula is composed of lutein and zeaxanthin.

Studies show that people who consume a high plant diet, notably spinach, cabbage and broccoli, have a 60% lower risk of developing the disease. These vegetables are rich in the two carotenoid anti-oxidant compounds: lutein and zeaxanthin. These compounds filter into the retina and mop up free radicals.

In a more recent study, Heidelberg researchers have shown that other foods that contain these compounds are also effective: kiwi, orange peppers, red grapes, zucchini, eggs, even wine. The researchers say that virtually all vegetables have lutein and zeaxanthin.

#### **Complexion, Acne, Pimples**

No need to draw up a table. Everything they say about a good complexion is true. Eat plenty of fruits and vegetables and avoid fried foods. Draw your inspiration from the Natural Eating principles and you will be sure of banishing acne, pimples and a pasty, unhealthy complexion to a distant unpleasant memory.

#### **The Final Word**

This chapter goes to great lengths to explain how foods can be helpful or harmful to almost all aspects of our well being. Remember that our feeding patterns are not the whole story. Not every condition is the result of poor eating patterns. Not every condition can be cured by the adoption of a healthy eating pattern. Nevertheless, these guidelines will ensure that you have played your cards as well as possible.

Think about this, all the above guidelines are the distilled wisdom of the latest scientific research. It all points in the same direction, to a pattern of eating which is identical to the Natural Eating principles.

It is not surprising that the painstaking unraveling of the workings of human body is gradually revealing the patterns of eating for which the human race is genetically programmed.

### Virtue Label Appraised

#### **Flatbread**

This is a rectangular (12in x 9in) flatbread that is prepared specifically for making wraps. (See Vegetable Wrap quick-fix last month.) It is a prime example of how bread should be constituted: just whole flour,

water, yeast and a little salt. Nothing else!

No honey, molasses, denatured ('enriched') unbleached flour, trans-fats, whey, fillers, preservatives, flavors and other junk found in most supermarket breads.

However, remember it is still a bread. Don't over-indulge, particularly if you suspect gluten allergy.

That said, it is easy to make a wrap that has 4 oz of vegetation per 1 oz 'serving' (half a rectangle). That makes an excellent ratio of 80% to 20%. See Hints and Tips on page 3.

*This bread is made by Garden of Eatin', 734 Franklin Ave, Suite 444, Garden city NY 11530 and is available in health food stores.*

### Rolling Back the Tide

*It is only too easy for new and ultimately dangerous foodstuffs to sneak into our diet. It is the devil's own job to reverse the process.*

### FDA Proposes Transfat Food Labels

Under rules proposed by the Food and Drug Administration. Food labels would begin listing a little-known but nasty type of fat called transfat.

The move comes in the wake of research offering damning evidence against transfat, which may be the worst artery clogger of all. Transfat increases 'bad' LDL-cholesterol, and decreases the amount of 'good' HDL cholesterol.

Transfat comprises up to 10 percent of the calories in a typical diet. The best example is stick margarine, but it's also hidden in crackers, cookies, pastries and deep-fried fast foods.

#### Comment:

Transfats are a completely man-made substance. They were first invented in the search to produce artificial butter.

The search was successful and the substance became known as margarine.

By the 1950s there was an over-supply of the new but unmarketable vegetable oils (sunflower, peanut, cottonseed, corn etc.).

The ever-inventive food industry capitalized on its ability to turn liquid oils into solid fats. This fed straight into the burgeoning fast- and snack-food industries.

So it is scarcely 40 years ago that transfats entered the diet in a big way. If you are 50 years old or more, you are fortunate to have spent your formative years growing up without these artery clogging substances.

It just goes to show how vigilant we have to be. Transfats entered the diet without fanfare. It has taken 40 years to sound the alarm. How long before they are banned altogether?

### Biotech labels bad for business says US industry

38 farm and food groups came out fiercely against labeling foods that contain genetically modified ingredients. U.S. food companies oppose labels as confusing and costly.

But consumer and green groups see it differently. They say that while the FDA requires labels that tell if orange juice is made from concentrate, U.S. consumers are even more hungry to know if their food contains bioengineered ingredients.

"The label should be straightforward and informational, and not include value-laden words like 'improved with' or 'enhanced by' genetic engineering," the letter said.

#### Comment:

Just so. We should know what we are eating. Those who want to eat healthily should be given the information to do so.

Those who are happy to eat rubbish should be free to line the pockets of the chemical companies and their medical practitioner.

### Say no more

#### Diet's Effect On Heart Disease Called Profound

A healthy lifestyle reduced risk of heart attack, congestive heart failure or stroke by 82% in participants in the Nurses' Health Study. This on-going study is conducted on 84,129 nurses who were between 34 and 59 of age when it began in 1980.

Women who had the lowest risk of heart disease had a high intake of fiber, omega 3 fatty acids, folate, and a low intake of sugar.

They also had an average of ½ drink of alcohol or more a day, exercised moderately or vigorously for 30 minutes or more a day, did not smoke and were not overweight.

The authors note ruefully that only 1% of the nurses followed this ideal.

*Dr. Frank B. Hu of Harvard University in Boston, Massachusetts, 72nd scientific session, American Heart Association*

### From Front Page

#### Obesity Costs (cont.)

**Dr. Bette Caan** examined Kaiser Permanente data. For those having a BMI > 35, total drug cost was twice the cost for those with a BMI of <25. The excess drugs were used to treat diabetes, hypertension, cardiovascular disease, pain, depression, respiratory illness, and ulcers. Obese individuals are a greater cost to the healthcare system, Caan concluded.

**Joseph K. Berkson** studied the Puget Sound HMO weight management program. Costs were monitored for 7 years. By the end of the study the weight loss group cost the HMO an average of 33.8% less than the control group (\$3217/year versus \$4865/year).

The author notes that even though the HMO saved an average of \$1648/year the HMO made the participants pay for the program. In future HMO's should take an enlightened self-interest and subsidize weight control programs.

*Annual Meeting; N. Am. Assoc. for Study of Obesity; Nov 1999*

## Natural Eating: Eating in Harmony with our Genetic Heritage

### Messages

#### Natural Eating Book to be Published

#### Much Awaited 'Bible' to Natural Eating will be Available Soon

The book will be available from us end February, Amazon.com in early March, the bookstores in April. Discounts are being offered for those who register now. Write to us, without commitment, either *on-line or at the contact addresses below*:

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