

Natural Eating: Eating in Harmony with our Genetic Heritage

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Private Subscription Newsletter

Ancient Grog; Nipple Tipple; Amy's Virtue; Affluent Malnutrition; Recipe -- Real Pumpernickel; Hints -- QuickVeg, Safe Fast Food; Q&A -- Salt of the Earth, Molasses, Death by Chocolate?, Chocolate Source, Anemia, Baby Corn; Lobby Fodder: Pyramid Scheming; GMO's: Labeling, Revolting Shareholders; Told You So: Apple Breathing, Clotting Carbs, Clogging Carbs; Fiscal Fat; Messages.

Current Anthropology

Ancient Grog

A discovery made this year reveals that the Minoans of Bronze Age Crete (some 4.500 years ago) drank wine, beer and mead mixed together in the same cup.

Painstaking chemical analysis of goblets and pots reveals that the Minoans produced some of the world's first cocktails according to Dr. Patrick McGovern, an archeological chemist from the University of Pennsylvania.

Ancient pottery is a mine of information. Some pots contain residues or tidemarks that can be scraped off and analyzed. Furthermore, liquids soak into the tiny pores of a pot, and some organic compounds survive intact to the present day.

The ancient Egyptians added resins from the terebinth tree to mask poor-quality wine. Compounds known as terpenoids show the presence of tree resins.

Most drinks were less than 10 degrees proof, so people added things to give them an extra kick. says Dr. Sherratt an expert in European prehistory at Oxford University. "Some threw in mindbenders such as henbane, opium or mandrake".

Source: New Scientist; Dec 29, 1999

Comment:

See 'Ancient Tipplers', page 5

Kiddy Corner

Nipple Tipple

Breast-feeding mothers need to be careful about the amount of alcohol they drink. A new study indicates that passing on even very small amounts of alcohol through their breast milk can change their baby's sleep patterns.

Researchers in Philadelphia found that babies exposed to alcohol slept less and for shorter periods, even though in some cases they fell asleep faster. Significantly, their time in so-called active sleep was shorter, too. Active sleep is marked by increased brain activity, and getting less of it is not necessarily a good thing, says Judith Vogelhut, nurse coordinator of the Johns Hopkins breast-feeding program.

"The feeling is that disrupting a baby's active sleep chronically may affect his psychomotor development at one year. What's not been looked at, I don't think, is what the ramifications of that are later on in life," says Vogelhut.

The key is moderation. Vogelhut says nursing mothers can have a drink once or twice a week without affecting their babies ... but they should wait at least four hours between drinking and nursing.

Source: The Johns Hopkins University; Jan 13, 2000

Comment:

See 'Baby Sleep', Page 5.

Virtue Label

Not all processed foods are garbage. This month we feature a product where the manufacturer is trying to do the right thing. Appreciation page 5.

Amy's **ORGANIC**
VEGETABLES
CALIFORNIA
•VEGGIE BURGER•

NUTRITION FACTS	
Serving size 1 burger (72g)	
Amount per serving	
Calories	100
Calories from Fat	25
Total Fat, g	3
Saturated Fat, g	0
Cholesterol, mg	0
Sodium, mg	290
Total Carbohydrate, g	17
Dietary Fiber, g	3
Sugars, g	1
Protein, g	4
INGREDIENTS: MUSHROOMS, ORGANIC ONIONS, ORGANIC BULGUR WHEAT, ORGANIC CELERY, ORGANIC CARROTS, ORGANIC ROLLED OATS, ORGANIC WALNUTS, ORGANIC POTATO FLAKES, GLUTEN FLOUR, SEA SALT, EXPELLER PRESSED SAFFLOWER OIL, ORGANIC GARLIC POWDER.	

This Crazy World

Obese Outnumber Starving

1.2 billion people are underfed and undernourished in the world. Now, 1.2 billion people are overfed although often malnourished.

Worldwatch; Jan 17, 2000

Comment:

See 'Crazy World', Page 5

Recipe Corner

Rye Kernel Pumpnickel Bread

This bread is the only one with a safe glycemic index.

It is a classic German pumpnickel, heavy and dense. It makes a delicious toast and a tasty hearty accompaniment to soups and stews. Slice it thinly and use for open sandwiches.

Equipment

Bread-making machine

Ingredients

Kernels

- 1 ½ cups whole rye kernels
- 3 cups water
- 1 tsp. salt

Bread

- 3 cups whole rye flour
- 1 ¼ cups water
- 2 tsp. salt
- ¼ oz (1 packet) baker's yeast

Method

Kernels

- Cook the kernels in the salted water for about 25 minutes. (Check the instructions on the packet.) They should be still slightly crunchy.
- Drain. The kernels will have swollen to about three cups.
- Measure out three cups of kernels (it doesn't matter if the quantity is slightly less).

Bread

Take the bread-maker container and add the ingredients in the following order. Do not stir at any stage:

- Add the 1 ¼ cups of water.
- Add the 3 cups of cooked kernels.
- Add the 3 cups of rye flour.
- Add the salt.
- Make a hollow in the flour and add the yeast.

Bread-maker

- Program the bread-maker for "large, whole-wheat loaf". (Do not use a rapid cycle.)
- Supervise the machine as it starts kneading. The mixture is heavy and the paddle might have difficulty achieving a good mixing action. If necessary, using a plastic spatula, help the mixture into the path of the paddle. Be prepared to add a tbsp. of water or two if the mixture is so

dry that there is some flour that cannot be wetted.

- Allow an hour after the cycle is complete before removing the bread from the container. Ease it out if necessary with a plastic spatula.

Ripening

The bread might be moist in the middle and will be a lot better after a few days of ripening.

- Wrap the bread in greaseproof paper and store for three days in a cool, dry place.

Comment

As far as breads go, it is the most nutritious. Even so, keep consumption to modest levels. All breads, with their cargo of anti-nutrients, are a potential source of disorders such as Irritable Bowel Syndrome, allergies, arthritis and various auto-immune diseases.

Note: There are many so-called "pumpnickel" breads on the market. READ THE LABELS. With some honorable exceptions, they are made not with whole rye but with a high percentage of refined wheat flour. They are then artificially colored to give the dark brown color.

Isn't it annoying how the unwary consumer is misled in this way? Such breads are uniformly bad and should be avoided.

Hints & Tips

Cook-in-the-box Vegetable Snack

Investigate your local supermarket's supply of cook-in-the-box frozen vegetables.

For example, at a very reasonable price, Stater Bros do 10 oz boxes of broccoli spears, shredded spinach and peas. Better it is just the vegetable without any added salt, sugar or other additives.

Pop a box in the microwave and within minutes a great snack is obtained. On the packet the serving size is laughingly given as 3 ½ oz. Don't pay any attention to that – eat the whole 10 oz.

This kind of snack can even be taken to the workplace if it is supplied with access to a kitchen and/or microwave. Ignore any ribbing from your coworkers!

Safe Fast Food

No, this headline is not a contradiction in terms! If you are caught short, you can always bail out to a nearby fast food restaurant. But like Odysseus, strap yourself to the mast and avoid the siren call of the health-wrecking parts of the menu. Here are a couple of ideas (more in following months):

McDonald's:

Grilled chicken salad without dressing. (For the horrors of the salad dressing see the Darwin Label in the June 1998 Newsletter.)

Boston Market:

Skinless rotisserie turkey breast with steamed vegetables.

Q & A

Salt of the Earth

Q. I know to go easy on table salt, but is sea salt all right?

A. Sorry! Salt is salt wherever it comes from. Many products aiming at the health conscious make great play of their sea-salt content. They pretend that it is somehow 'natural' and 'unprocessed'. It doesn't make a difference! They pretend that it is important to consume this salt for the micro-minerals. It isn't!

Mostly ordinary table salt comes from underground strata that were laid down in an ancient seabed anyway. They usually iodize this salt and that is worth having. Many Americans suffer a deficiency of iodine. But that is no excuse to oversalt your food!

Humans are designed for a low salt diet rich in potassium. The salt/potassium ratio should be low. In today's world we have inverted this ratio much to the detriment of our health. More on this topic in the forthcoming book.

Molasses

Q. *I know about the evils of sugar, but what about molasses?*

A. "Proceed on flashing red" Molasses (treacle) is the syrupy residue that remains after extraction of the sugar juice. It is still high in sugar – indeed sufficiently so for it to be used to make rum.

The USDA includes molasses on its schedule of sugars to be wary of on a food label.

Should you never use molasses? Many people have bought into the idea that it is somehow raw and full of nutrients – and they use it all the time. *They are kidding themselves.*

However, if you are like a responsible drinker and can control consumption, then by all means use molasses from time to time.

Death by Chocolate?

Q. *You list dark chocolate as an acceptable food, yet I see that it has a high saturated fat content. Should we really be eating any?*

A. Cocoa, the chief constituent of dark chocolate, does contain a saturated fat but it is a special one – *stearic acid*. This is just about the only saturated fat that is not too harmful to human biochemistry. We can use this knowledge to admit cocoa as a 'tolerated' novelty food.

Nevertheless, stearic acid, like any fat, is concentrated empty calories, hence the admonition to eat even dark chocolate frugally. (Daily portion size might be two of the ten squares in a 4 oz bar)

Chocolate Source

Q. *Where can one obtain chocolate that has 70% cocoa mass, as you prescribe?*

A. You have to check around various speciality stores.

Trader Joe's imports Swartenbroeckx 77% chocolate from Belgium. If your local store is not

carrying it, fill out the request slip at the door asking them to provide it.

'Lindt 70%', is a high cocoa solids chocolate that is routinely found on European supermarket shelves. It has now been sighted at Shoppers Corner in Santa Cruz. No doubt many other stores carry it.

We are interested to hear from our readers of any other sources that they have found.

Red Blooded

Q. *I have been diagnosed with anemia so I am trying to eat foods high in iron. What do you recommend?*

A. Anemia is a symptom not a disease. It can be a result of any number of medical conditions, all of which fall firmly into the province of conventional medicine. Your doctor will explain to you what the underlying cause is and how he is treating it.

Dietary deficiencies are rarely the cause in an otherwise healthy person.

Baby corn

Q. *I know that sweet-com (maize) is glycemic, but is baby sweet-com better?*

A. Yes! Baby sweet-corn is much more like a colored vegetable. It has not yet developed its starchy seeds. It has a low glycemic index and can be safely and freely eaten as a normal vegetable.

Lobby Fodder**Pyramid Scheming – New Dietary Standards**

The Departments of Agriculture and of Health and Human Services are revising the Government Guidelines for healthy eating. ("Oh – sorry – we got it wrong last time, and the time before that...")

The Natural Eater knows that there is only one answer for eating healthily so why don't the depart-

ments simply announce it and go away for ever?

Instead, every five years the Authorities have another go. And each time it is a battle royal between various interest groups.

So the harsh reality is that government guidelines are not the ideal, but a compromise!

Government Dietary Guidelines are not the ideal ---
They are a compromise

Here is a taste of what is happening in the committee reviewing the Guidelines:

On the one hand, The Physicians for Responsible Medicine are suing the Departments claiming that their committee is stacked with scientists biased toward meat and dairy products.

The lawsuit, alleges that the guidelines "emphasize the consumption of meat, dairy and egg products."

On the other hand the food industry isn't happy either. The National Cattlemen's Beef Association and the National Pork Producers Council opposed the emphasis on saturated fat, telling the committee that it "unfairly indicts all foods of animal origin as bad."

The Grocery Manufacturers of America, want to eliminate the section on sugar. Instead, the section suggests people "go easy ... on added sugars" and cites fruit punch and lemonade as sources of sugar. [Too true]

"Usually when the dietary recommendations come up for review it seems like an opportunity for the food industry to weaken them," said Margo Wootan of the Center for Science in the Public Interest.

Comment:

Doesn't that last comment send shivers through your veggie sandwich? That the forces of the

Food Industry are massed in a frontal attack intended to *weaken* dietary guidelines.

The enhancement of these guidelines is only gained in the teeth of virulent opposition. And the gains so hardly won in this trench warfare could so easily be lost again.

GMO Update

Genetically Modified Organisms are taking us ever further away from the roots of our naturally adapted food supply – hence our opposition.

G.M.O.'s to be Labeled

"There's fish genes in fruit, poultry genes in fish, animal genes in plants, growth hormones in milk, insect genes in vegetables, tree genes in grain and in the case of pork, human genes in meat," said Steve Gilman, an organic farmer in Stillwater, N.Y. "Real and reasonable concerns about genetic engineering have fallen upon deaf ears".

The recently negotiated International agreement requires exporters to label shipments that contain genetically altered commodities such as corn, soy bean and tomato.

The new agreement came after a week of intense negotiations that pitted the United States and its five allies in the talks - Canada, Australia, Argentina, Chile and Uruguay - against the European Union and a coalition of 125 other nations.

The political situation changed last year. Major U.S. food producers like Archer Daniels Midland and Gerber are demanding either that genetically modified products be segregated, or are refusing to use them altogether.

GMO Firms Face Shareholders Revolt

Eighteen big-name firms from McDonalds and Safeway to Sara Lee and Heinz have been flooded with proposals that would require

shareholder approval for the use of Genetically Modified Food.

One of them, PepsiCo's Frito-Lay snack division, has already asked its corn growers not to use GMO's. – [But that is no excuse to go eating Frito-Lay snacks!]

We Told you So

Apples help Lung Function.

Eating at least five apples a week could help you breathe more easily, new research shows.

In the study, researchers from St. George's Hospital in London examined the health records of 2,500 Welsh men aged 45-59 who had been followed by other scientists for five years. They had been made to blow as hard as they could into a machine for one second to measure lung capacity.

The apple eaters could exhale 138 milliliters more air in one second than those of the same age and height who ate no apples. This indicated that their airways had fewer obstructions and were therefore healthier.

Experts believe apples are loaded with several hundred healthy compounds and it may be the unique combination of those nutrients that creates the effect.

Comment:

That last observation is a principle worth committing to memory: "It is the unique combination of hundreds of micronutrients that creates the healthful effect."

Hyperinsulinemia provokes blood clots

People who have high levels of insulin in their blood after fasting have an impaired ability to dissolve blood clots. So it is reported by US researchers led by Dr. James B. Meigs of Massachusetts General Hospital, Boston.

Meigs found that those with higher blood levels of insulin (hyperinsulinemia) also had an impaired ability to dissolve blood clots, a

process known as fibrinolysis. Blood clots are a major contributor to heart attacks and are the cause of the most common type of stroke.

Source: JAMA; 2000;283:221-228.

Comment:

The studies keep thudding into place: high insulin equates to many diseases including heart attacks and strokes. The big provoker of insulin? Bad Carbohydrates such as sugars and starch.

That moves us neatly into the next report...

High Carb Diets Raise Blood Triglycerides

A high-carbohydrate diet elevates both fasting and postprandial [after a meal] triglyceride concentrations, according to researchers led by Dr. Gerald M. Reaven, of Stanford University School of Medicine in California.

The subjects had higher triglyceride concentrations when they were on the high-carbohydrate diet. Worse, they also had lower concentrations of the 'good' HDL cholesterol.

These phenomena are strongly atherogenic (artery harming). Dr Reaven's group questions the orthodox wisdom of recommending that all Americans should replace dietary fat with carbohydrate.

Source: Am J Cardiol 2000;85:45-48.

Comment:

Another nail in the coffin of the 'eat plenty of grains' myth!

Breaking the Mold

In order to reverse the forces driving us into bad eating habits we need some lateral thinking.

Taxing fatty food to save lives

In a novel idea to get people to eat a healthier diet, University of Birmingham lecturer Dr Tom Marshall said taxing fatty foods such as milk, cheese, cakes, ice cream and pastries would deter people from eating them and in turn reduce levels of heart disease.

"By extending value added tax (VAT) to the main sources of dietary saturated fat, between 900 and 1000 premature deaths a year might be avoided," Marshall said in a report in The British Medical Journal.

Comment:

Taxing unhealthy foods? Hmm... This is the thinking behind taxing other bad habits like tobacco and alcoholic drinks.

Or for that matter, carbon. The carbon tax is seriously mooted as a way of restricting the consumption of fossil fuels. Since carbon is an important component of fat, sugar and starch molecules, the same laws could be extended to these foodstuffs.

Imagine the squeals of protest from the Food Processors – and the consumers!

From Page One

Ancient Tipplers

Comment:

Alcoholic drinks are very much a double edged sword in the Human diet. They are a recent novelty and have to be carefully vetted.

The oldest known wine dates back 7,000 years to a small Neolithic village called Hajji Firuz Tepe in the Zagros Mountains of Iran. Later, the ancient Egyptians were drinking wine and beer 5,000 years ago and, in the colder north, beer was the main alcoholic drink.

Alcohol is a toxin that is present in small quantities in many fruits. The human body has got good at detoxifying it. However, concentrated alcohol, as we drink it today is another matter.

Wine has received the 'all-clear' in modest quantities, but beer and mead, with their sugar-load are problematic. It comes as a surprise to see that the ancients sometimes made a cocktail of all three!

We also know that there were other, weirder, practices. According to Homer, "Wise old Nestor", veteran of the Trojan War, enjoyed a few scrapings of goat cheese in his wine!

Baby Sleep

Comment:

Awareness has risen dramatically over the last few decades about how mother's nutrition influences both embryos and suckling infants.

There is no easy way out for the conscientious mother. She truly does have to stick with our naturally adapted diet avoiding even the little lapses that we can allow ourselves as healthy adults.

Note the looming menace in Vogelhut's commentary about "ramifications later on in life". It is not the inconvenience of having a wakeful baby but the threat of permanent damage that is the most concerning.

Note too Vogelhut's idea of "moderation". A drink once or twice a week – and allow 4 hours before nursing. What baby will wait four hours between feeds!

Crazy world

Comment:

Note that incisive remark: 1.2 billion people are overfed but are often *malnourished*. That is the sad case in most industrialized countries today.

It is often said that we live in an age of "affluent malnutrition". We are surrounded for the first time in the history of the human race by an abundance of foods. We have great variety at all seasons. We just make bad choices!

It is not as though we have lost the ability to choose wisely, most people never knew how in the first place! It is not their fault. We are all blown hither and thither by our indoctrination.

First, it is a terrible misconception, that humans are omnivores (meaning 'eaters of everything'). Nothing could be further from the truth as any student of Natural Eating will know.

This misconception is the first disaster for healthy nutrition.

The second pressure is from the food lobby indoctrination. They irresponsibly play on our anxieties in order to persuade us to buy their products.

It is likely that the milk lobby, the cattlemen, the fast-food outlets and the snack industry will be sued in twenty years time for cover-ups and misleading advertising. But it will be too late for vast segments of the population whose health will already be ruined.

Virtue Label Appraised

Amy's California Burger (from page 1)

Just like any other processed food, even veggie burgers have to be carefully vetted for acceptable ingredients. Very often they are nothing more than expensively packaged cereals.

Amy's is an honorable exception – the prime ingredient is a real vegetable, mushroom and this is followed by onion.

It is only when we get to the third ingredient do we get to the cereal, bulgur wheat. Then it is off again on real vegetables like celery and carrots before we are down to the rolled oats.

It is a shame about the safflower oil – a painless improvement would be to use Canola oil.

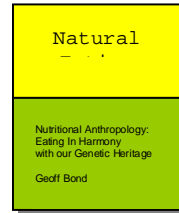
Note too the sea salt. Exactly the trap for the unwary commented in 'salt of the earth' page 2. It is still salt and quite a lot in just one burger, 870 mg. (Remember, multiply the *sodium* content by three to get the *salt* content.)

Unlike soy protein burgers, this veggie burger is vegetable based and will combine well with other starches. It can make a fine filling to pita pockets or tortilla wrap.

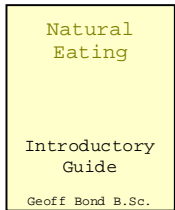
A very high percentage of the ingredients is organically grown. This is laudable. But as we emphasize at every opportunity, this is not the prime consideration for buying a product. The organic potato flakes (8th ingredient) are just as bad as the ordinary kind!

Natural Eating Book to be Published

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