

# The Bond Effect

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

## Private Subscription Newsletter

Toilets for the Constipated; Cro-Magnon Diet; WonderCocoa Virtue; Chicken and Green Bean Fix; Questions: Insulin Killer, Melon Alone, Calcium Cheer, Chocolate Cheer; Vegan Blindness; Soybean Oil Debased; Sugar's Last Stand; Cancer loves Vitamin C; Mega C hardens arteries; Cocktail party tips; Starter Tip; Fat Sizes; Nutrient Rays; Breast Prevents Diabetes; Breast is Brainer.

### Inconvenience

#### Not Flushed with Success

An incredible black market in the U.S.A has sprung up – in high-capacity toilet bowls! Building supply merchants, both on the Canadian and the Mexican side of the border, are doing a thriving trade – smuggling traditional toilet bowls to Americans who enjoy the satisfaction of a generous flush.

Recently, in an effort to conserve water, federal regulators halved the capacity of a toilet flush from 3.5 gallons to 1.6 gallons. Plumbers face swingeing penalties if they dare to install an old-style, high capacity model.

In theory, the rules save some 600 million gallons of water a year. Critics contend that low-powered toilets often take two or three flushes to clear all the waste, nullifying their conservation benefits.

“The American people are being forced to use toilets and showers that simply don't work,” said Rep. Charles Norwood, R-Ga. “Privacy and freedom are the only things that are being flushed away.”

Toilet-maker American Standard says that newer models flush better.

Comment – page 5

### Anthropology

#### Cro-Magnon Weren't Painting Dinner.

This is just one of the fabulous and enigmatic European cave paintings discovered so far, dated at over 25,000 years old.



Although the paintings are stunningly beautiful, many look like simple depictions of animals. Perhaps they are a naïve hunting magic, nothing more.

But experts in prehistoric diet and lifestyle have shown conclusively that the cave artists were not eating the animal species that they were painting.

Rather, shamans from the Namibian Ju'hoansi tribe explain the paintings as representing complex cosmological beliefs.

Continued – page 5.

### Virtue Label

*Not all processed foods are rubbish. Here we encourage a food producer who is doing the right thing.*  
Comments page 5.

**WONDERSLIM**

**WONDERCOCOA**  
POWDER FOR BAKING AND DRINKING

#### Nutrition Facts

|                       |    |
|-----------------------|----|
| Serving size: 1 tbsp. |    |
| Calories 20           |    |
| <b>Total Fat</b>      | 0g |
| Saturated fat         | 0g |
| Monounsaturated fat   | 0g |
| Polyunsaturated fat   | 0g |
| <b>Cholesterol</b>    | 0g |
| <b>Sodium</b>         | 0g |
| <b>Carbohydrate</b>   | 2g |
| Dietary Fiber         | 1g |
| Sugars                | 0g |
| <b>Protein</b>        | 1g |

#### INGREDIENTS

100% pure Cocoa Powder

Now turn to Page 5

### Recipe of the Month

*Nicole's Pocket Cookbook is now available (details on back page). Here we publish one of the recipes extracted from the book.*

## Chicken Breast and Green Beans

serves 4



### Ingredients:

- 14 oz (400 g) skinless chicken breast
- 18 oz (510 g) green beans, fresh or frozen
- 11 oz (310 g) onions, thinly sliced
- 2 cloves garlic, crushed
- 1 small yogurt, low fat
- ½ teasp. mustard
- 2 tablesp. (30ml) Canola oil
- 1 tablesp. parsley, chopped
- salt (moderate)
- pepper

### Method:

- Steam the green beans for approx. 15 minutes, until tender, but still crunchy. Set aside.
- Heat 1 tablespoon of oil in a large frying pan and sauté the onions until tender, but not brown (*see footnote*).
- Add the garlic, sauté for 2 minutes, and then add the green beans, salt and pepper to taste, mix well with the onions, cover, heat again and set aside.
- Meanwhile cut the chicken breast into small strips and sauté rapidly in another frying pan in the remaining oil for about 5 minutes.
- Salt and pepper to taste.
- Mix the yogurt with the mustard. Salt to taste.
- Add the mixture to the chicken, stir and cook for a further 2 minutes.

### Finishing:

In a heated serving dish, make a bed of the beans/onion mixture.

Spread the chicken on top. Sprinkle with the parsley.

### Comment:

This is a fine dish with a good protein to vegetation ratio. Skinless chicken breast fits well into the Natural Eating profile.

The dish loses a candle only because of the use of a dairy product, yogurt. Anyone suspecting allergic reactions, or trying to reduce cholesterol, should leave it out.

### Footnote:

- Heat 1 **tablespoon of oil** in a non-stick saucepan.
- Sauté the onions briefly on medium-high heat.
- When they start to stick, add some water and cook **covered**, on low heat. Occasionally, as they dry out, add a little water, to allow the onions to get a very soft consistency. Do not let them brown.

### Reader's Questions

#### Silent Killer

**Q.** *You talk about the dangers of abnormal insulin levels. How does one tell if it is happening?*

**A.** That is why we picture the effects of hyperinsulinemia by an iceberg. Mostly you do not see (or feel) the danger until it is too late.

Nevertheless, there is one telltale sign: the mid-morning and mid-afternoon slump after a high carbohydrate meal. If you can feel that then you are getting a wake-up call(!) Think of the Titanic and steer away into safer, carbohydrate-free, waters.

However, even if you do not get the mid-afternoon blues, the likelihood is still that your system is hyper-insulinemic during most of your waking hours.

It is estimated that this happens to 90% of Americans every day. Whence the high rates of obesity, heart disease, arthritis, osteoporosis and all the other likely suspects.

#### Melon Alone

**Q.** *I know that fruit should be eaten on its own – what about melon?*

**A.** This is getting into subtleties of food combining. Are there different kinds of fruits best kept apart?

Melons (all kinds, including watermelon) are fruits that are best eaten on their own. They are particularly sensitive to fermentation, due to the presence of yeasts within the flesh of the fruit.

As ever, keep the question in healthy perspective. If you see a small cube of melon in a fruit salad, it is unnecessary for most people to fish it out. Listen to your body – see if you get the telltale cramps and 'repeats'.

#### Calcium Clarity

**Q.** *I give soymilk to my children rather than dairy products. However I am worried – where do growing children get their calcium?*

**A.** See how we have been brainwashed by the dairy industry? They have played upon our anxieties to such an extent that the population is neurotic about 'getting enough calcium to feed our bones'.

Calcium is present in varying proportions in just about everything we eat. There is absolutely no need to worry about not getting enough.

After all, 90% of the world's population lives perfectly well without dairy products at all! Africans and Asians, blissfully dairy free, have healthier bones than Westerners do.

Massive-boned beasts, like the bull, the elephant and our cousin the gorilla, build their skeleton entirely from plant food.

No: the gargantuan challenge today in the West is to stop the body *destroying* bone! The way we eat today undermines bone-building osteoblasts. It *encourages* the activity of bone destroying osteoclasts.

Listen to this extract from a recent scientific paper<sup>1</sup>:

*Many of the calciotropic hormones and cytokines, including vitamin D3, parathyroid hormone, prostaglandin E2 and interleukin-11, appear to stimulate osteoclastogenesis through the dual action of inhibiting production of OPG and stimulating production of RANKL .*

Translation? Bone destroying cells *multiply* under the activity of Vitamin D3, Parathyroid Hormone, Prostaglandin E2, and Interleukin-11.

In other words, some hormones *destroy* bone. That is where we need to focus our worrying energy. How do we micromanage that? You don't have to! We know that the diet to which humans are naturally adapted ensures radiant bone health.

We need an alkaline diet, high in plant food (like fruit, nuts, salads and colored vegetables), low in glycemic foods (like cereals, sugars and potato), low in salt, and with essential fatty acids balanced. In other words the Bond Effect eating pattern!

For the curious, this whole question is treated fully in the Newsletters of June 1999 and July 1999. (Available in Yearbook 2000 – see page 6).

### Chocolate Revisited

**Q.** *Swartenbroekx<sup>2</sup> makes a 59% cocoa solids bar that has a much lower fat content than their 77% bar, and slightly less sugar. The difference is made up by soy lecithin. What do you think?*

**A.** Basically they have substituted lecithin for some of the stearic acid in the cocoa powder. Is this a good thing? In many articles, I have promoted the view that stearic acid is just about the only harmless saturated fat. However, it *is* fat!

<sup>1</sup> *Osteoprotegerin and its ligand; Aubin et al; Women's Health; 5 (2); 2000.*

<sup>2</sup> *Trader Joe's and other quality grocers import Swartenbroekx chocolate from Belgium.*

And, as such, is just empty, concentrated, calories.

Lecithins are complexes of fatty acids, phosphorous and choline. Choline is laying claim to be an essential nutrient, a vitamin even.

So: to answer your question, this chocolate is slightly more nutritious and no more glycemic than the 77% bar. Go for it! – in moderation.

### He Meant Well

#### The Vegan in his Blindness

A French patient lost most of his eyesight as the result of following a strict vegan diet deficient in Vitamin B12. This vitamin is important in maintaining the health of nerves, notably the optic nerve

Researchers from the Groupe Hospitalier Pitie-Salpetriere in Paris, France, describe a 33-year-old patient who had been a vegan since the age of 20. His diet contained no eggs, dairy products, fish or animal protein. He had no history of alcohol abuse and did not smoke cigarettes. He was not taking any vitamin supplements.

The patient was diagnosed with severe optic nerve damage. He was nearly blind (20/400) in each eye. His levels of B1, B12, A, C, D, E, zinc, and selenium were all markedly below normal.

The researchers treated the patient by giving him intramuscular and oral multivitamins until his blood levels normalized, but his eyesight did not recover. The vitamin B12 deficiency had been the cause of the irreversible deterioration in the optic nerves.

*SOURCE: Blindness in a strict vegan; Milea, Cassoux, LeHoang; NEJM; 2000; 342:897-898.*

#### Comment:

The article does not relate just what this vegan *did* eat. In view of the widespread deficiencies of micronutrients it is clear that his diet was further distorted by an emphasis on micronutrient-deficient foods such as grains, pastas and tubers (potatoes, yams etc...).

A vegan regimen does not necessarily lead to nutritional

deficiencies. Quite simply, a vegan has to eat like our cousin the gorilla – a high volume, micronutrient-rich plant food diet. He has to avoid grains, pastas and potatoes.

The one caveat is the vitamin B12 question. Humans almost certainly need to get it in their diet – and the only source is animal matter.

Vegans should make doubly sure by taking a modest supplement dose, say 2 mcg, per week.

### Better means Worse

#### Soybean Oil Debased

Food manufacturers are in a fluster. Why? Because soon they will have to list the dreaded *trans-fatty acids* on the nutrition label.

The scandal is that, up till now, transfatty acids, more artery rotting than even saturated fats, have been *excluded* from the fat count altogether!

"We want to do everything we can to avoid the labeling when it comes," said Jay Franklin, an Oklahoma soybean farmer.

What is the food industry response to this? To find alternatives to transfatty acids – such as soy bean oil.

*[Soybean oil is a borderline good oil. It contains a goodly proportion of the desperately-needed essential fatty acid, alpha-linolenic acid, alias vitamin F2].*

Fair enough, you might say. But listen to their solution. Soybean oil has the inconvenient property (to a food processor) of tasting rancid when it is heated. The culprit? The only thing that makes soybean oil worth consuming – the vitamin F2.

Presto! The food scientists have come up with a solution: breed a new variety of soybean that is deficient in Vitamin F2...

The consumer's battle to balance up the vitamin F1/vitamin F2 ratio is going badly.

With pressures like these, how are we to make sense of our food supply? We are like straws

gyrating in a tornado of forces far greater than we can master.

Are there any fixed points in this universe? Yes! Just stay in touch with the Bond Effect.

### Conflicts of Interest

#### Sweet Unreason

The USDA is recommending to consumers that they reduce their consumption of sugar.

But this has upset the sugar farmers. They argue that implementation of these proposed changes could reduce demand for sugar. This in turn would destroy thousands of family farms and many of their 420,000 jobs.

Ray VanDriessche, President of the American Sugarbeet Growers Association representing 12,000 family farmers said, "I believe that this recommendation, if adopted, has the potential to economically devastate our industry."

#### Comment:

What are the sugar farmers saying then? That we should devastate our health to keep them in business?

Sugar farmers, just like tobacco growers, will have to recognize that they are in an antisocial activity. It is in their own interests to convert to growing foods for the public good.

### Sorcerer's Apprentice

*In trying to fix a problem, we often make it worse.*

#### Mega C feeds Cancer Cells

Cancer patients often take large doses of vitamin C in the hope of a cure. They might actually make their disease worse by inadvertently *protecting their tumors* from radiation and chemotherapy.

Cancer cells actually contain large amounts of vitamin C, which appears to protect them from oxygen damage. Radiation therapy, works by *triggering* oxygen damage to the genes of cancer cells.

Cancer cells often have very high concentrations of vitamin C. The exact function of the vitamin inside cancer is unknown. "My experience as a biologist would say it is no accident," said Dr. David Golde. "The cancer cell wants vitamin C because it wants antioxidant protection."

**Source:** *Meeting American Cancer Society; March 2000.*

#### Comment:

Normal base-load of antioxidants from plant food – yes.

Abnormal mega-doses of vitamin C – no!

#### Mega C Hardens Arteries

People taking [only] 500 milligrams of vitamin C daily for at least a year had a 2 times greater rate of artery thickening than did those who did not. Among smokers, the rate was five times greater.

Clogged arteries - atherosclerosis - are the major cause of heart attacks and strokes.

Those taking vitamin C pills had accelerated thickening of the walls of the big arteries in their necks. In fact, the more they took, the faster the buildup.

**Source:** *American Heart Association meeting; San Diego; March 2000*

#### Comment:

500mg per day is a modest dose compared to what many people take. Our position is clear, the Natural Eater has no need to supplement with vitamin C at all. We now hear that there is a downside.

But let us stand aside and allow the researchers to say it eloquently for us. (The italics are ours.)

#### Dr. Shiriki Kumanyika:

"The research shows *the uncertainties of picking out a single vitamin* among the plethora of nutrients in a healthy diet."

#### Dr. James Dwyer:

"When you extract one component of food and give it at very high levels, *you just don't know what you are doing to the system*, and it may be adverse,"

**Quite so:** just eat according to the Bond Effect and the quantities work out just right.

### Hints & Tips

#### Cocktail Party

Snack safely. Choose if you can:

- Chicken breast kebabs
- Smoked salmon
- Stuffed vine leaves (watch food combining).
- Shrimp, boiled or grilled.
- Raw vegetable finger snacks

#### Meal Tip

Begin each meal with a salad or a bowl of veggie-packed soup. This insures that you start on the right foot. You fill up on the plant food. You get the right *proportion* of plant food into the meal.

Check out the recipes in previous newsletters and in the new Pocket Cookbook.

### Fact or Fallacy

*True or False? Irradiation zaps the nutrients from food.*

False! Irradiation results in minimal nutrient loss – just like some other forms of food conservation such as freezing.

### Kiddy Corner

#### Adult Health Begins at the Breast

Breast-fed babies also tend to be healthier adults.

The researchers report that, compared with the breast-fed babies, the adult group who had been bottle-fed as babies, showed impaired insulin functioning. When insulin function is disturbed, diabetes and other problems may result.

The bottle-fed group also had harmful levels of cholesterol. That suggests an increased risk for cardiovascular disease.

**SOURCE:** *Archives of Disease in Childhood 2000; 82:248-252.*

#### Comment:



It is not surprising that feeding your baby the way that nature intended is best. No doubt, there are yet more, undiscovered advantages. Our ancestors' babies were breast-fed until the age of three years! Any mother should try to breast feed as long as she can.

### Breast Babies Brainier

Infants fed a specific formulation of two essential fatty acids, docosahexaenoic acid (DHA) and arachidonic acid (AA), demonstrated a significant improvement in mental development.

Researchers have long hypothesized that DHA and AA, which are both present in mothers' milk, play a critical role in the mental development of infants. Some infant formulas sold in Europe, contain DHA and AA, but not in the United States and Canada.

At 18 months of age, infants receiving the DHA and AA supplements had an advantage of 7 points on the Mental Development Index (MDI).

Furthermore, they had an improved visual performance at 12 months of age using Sweep VEP acuity testing.

During pregnancy, mothers mobilize DHA and AA to support brain development. Mothers continue to provide this important "brain food" through their milk.

*Source: Developmental Medicine and Child Neurology; March 2000*

#### Comment:

Yet again, Breast is Best.

It is interesting to note that DHA and AA are described as 'essential fatty acids'. This is another example of how a baby's metabolism is different to an adult's. DHA and AA are not 'essential' for adults, who make them in their bodies from other compounds.

### From Page One

#### Flushed with Success

What a retrograde step, the US government no less, imposing toilets that only work with a constipated population.

Natural Eaters know that a bowel movement is so copious that even a toilet constructed to the old standards is easily overwhelmed.

This is a sad, egregious, case of 'solutioneering' – inconveniencing everyone at great cost to solve a largely illusory problem.

In the absolute, the quantities of water supposedly saved are minuscule compared to the gargantuan volumes squandered elsewhere – in farm irrigation systems for example.

It is intriguing to ponder how the technicians at American Standard test the efficacy of a new design. Do they use live volunteers? Note that all 35,000 employees received a personal copy of our Natural Eating Guide. American Standard has a head start on developing this new technology.

#### Cro-Magnon Art

Etzel Cardena works with Americans especially susceptible to hypnosis. These people report the same kinds of visual hallucinations as those involved in shamanic and other religions.

Dominic Ffytche, neurologist, works with stroke and migraine sufferers.

His patients also see the same shapes and patterns reported by the Ju'hoansi. Moreover, they are strikingly similar to the patterns in Cro-Magnon cave paintings.

**Bottom Line?** Anthropologists have long been guilty of making unwarranted assumptions about the eating habits of ancient peoples – from the flimsiest of evidence.

Shamanism, hypnosis, migraines, hallucinations... It is fascinating to find how these studies come together to give a different, more

satisfying, explanation of this wonderful cave art.

### Virtue Label Appraised

#### WONDERCOCOA

#### Comment:

Is that it? Just cocoa? No other ingredient? This is one of the few pure cocoa drinks available on the market.

Furthermore, it has been de-fatted (by a mechanical process). This makes it particularly attractive as a zero-fat, zero sodium, zero dairy and zero sugar chocolate drink.

Do not spoil it by adding milk or sugar! Just add boiling water to a heaped teaspoon of the cocoa powder and sweeten (if you have to) with Aspartame.

This cocoa also forms a fine ingredient for chocolate mousses, gateaux and cakes. Follow the recipes given in your manual, these newsletters and in the Pocket Cookbook (details page 6).

*Wondercocoa is distributed by Marin Food specialties Inc. P O Box 609, Byron CA 94514*

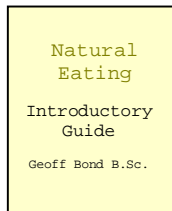
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'The Bond Effect': Natural Eating, Healthy Thinking  
 co-presented with Dr. James Melton.  
**London**

Monday June 19<sup>th</sup>, 2000  
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Registration: [savvy eater@aol.com](mailto:savvy eater@aol.com)

**Natural Eating (UK)**

Mail: 7, Maxwelton Close,  
 London, NW7 3NA, UK.

fax: +44 (0)181 959 2110

**Visit our web site!**

[www.naturaleater.com](http://www.naturaleater.com)  
[info@naturaleater.com](mailto:info@naturaleater.com)

**Natural Eating (USA)**

Mail: PMB 517, 69-115 Ramon Rd, #F1,  
 CA 92234, USA

tel: +1 (760) 325 2835

fax: +1 (760) 328 8529