

Natural Eating: Eating in Harmony with our Genetic Heritage

July 2000

Nutritional Anthropology™

Volume 3.07

The Bond Effect

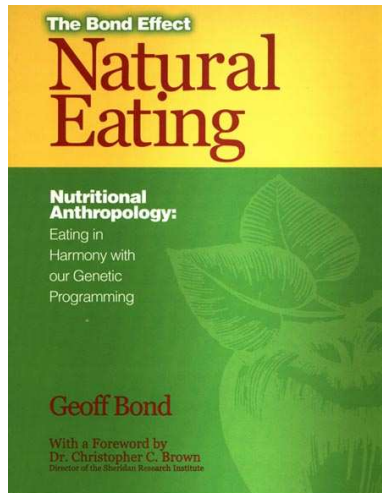
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Private Subscription Newsletter

Breaking News: The Book Is Here! **Question of the Month:** FDA Pyramid Fraud; **Food Fraud:** Star-Kist Tuna; **Recipe:** Fish Bohemienne; **Menu Test:** Answers; **Questions:** Price of Health; Rating Rice; Bagged Lettuce; **Event Report:** Eaton House School; **Food/Disease:** Prostate; Osteoporosis; Alzheimer's; **False Fix-its:** Pudgy Pilots; **Food Garbage:** Lakeview Cheesecake; **Kiddy Corner:** Feeding Toddlers (2); **Family News:** The Georgiades; **Insidious foods:** Cola Crumbles Bones; **Hints:** Saying No

Stop Press

The Book is Here!



We are privileged to have the following endorsements:

Natural Eating is a remarkable treatise providing convincing scientific support. I fully endorse Natural Eating and hope that it will have a significant impact on the future of nutrition "

DR. CHRISTOPHER BROWN, DIRECTOR OF THE SHERIDAN RESEARCH INSTITUTE

"This book should get you thinking about the important part that eating choices play in your general well being"

EMMANUEL KAMPOURIS, CHAIRMAN AND CEO OF AMERICAN STANDARD COMPANIES

Order now and benefit from the pre-shop prices! See page 6

Book News

Amazon – do us a Favor – do a Review!

The Natural Eating book is now available on Amazon.com and Amazon.co.uk. If you like the book, do us a favor – write a review and rate the book for us on the Amazon web page. The first one to do so gets a \$50.00 premium from Amazon!

Book Sells Well at Symposium

At Bill Edelen's Sunday Symposium in Palm Springs, Bill generously offered Geoff Bond an opportunity to give an impromptu presentation of the book. In spite of the competition from Harry Potter, great interest was shown, and supplies of the Natural Eating book sold out.

Barnes & Noble Signing

Make a note of the date! Sunday October 30th at 12:00 noon.

The buyers at Barnes and Noble have demonstrated their confidence in the commercial success of the Natural Eating Book. They are laying on a fully-fledged book signing at their Palm Desert branch.

Meet Geoff Bond there and get your copy of the book signed!

Question of the Month

FDA Pyramid Fraud

Q. *I am confused. The FDA food pyramid has just been revised. Why wasn't it right in the first place? Why is it still at variance with the Natural Eating precepts?*

A. The FDA food pyramid is always a *compromise*. It is the best deal that the FDA can strike on behalf of human health in the teeth of opposition from the food lobby.

Every few years the FDA takes up the cudgels again. It is often a case of one step forward and two steps back.

Do not imagine therefore that the FDA food pyramid represents the best advice on current nutrition. It is a grubby compromise.

The FDA Food Pyramid is a grubby compromise.

We often predict in our talks that it will take a generation before the full truth of eating will become a commonplace. The good news is: Natural Eaters can have this knowledge now!

Food Fraud

We normally like to reserve this column for the positive message given by Virtue Labels. Due to a dire shortage of suitable products, this month we hit the easy target of food fraud. Deceit is everywhere in processed foods. Here is a subtly treacherous example.

Star Kist

CHUNK LIGHT TUNA

IN SPRING WATER



American Heart
Association

Ingredients:

LIGHT TUNA, SPRING WATER,
VEGETABLE BROTH, SALT

Nutrition Facts:

Serving size: 2 oz drained

Servings: about 2.5

Calories: 60.0

Fat Cal: 5.0

Total Fat: 0.5g

Sat fat: 0g

Cholesterol: 30mg

Sodium: 250mg

Total Carb. 0g

Fiber: 0g

Sugars: 0g

Protein: 13g

Comments: 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.

Fish Bohemienne

Serves: 4



Ingredients:

- 1 lb 12 oz (800g) halibut, shark or monkfish, cut onto 1- $\frac{1}{2}$ inch cubes.
- 8 oz (225g) white onions, chopped.
- 1 lb. (16 oz, 455g) eggplant, cut into 1-inch dices.
- 1 lb. (16 oz, 455g) red bell pepper, cut into 1-inch strips

- 1 lb. (16 oz, 455g) tomatoes.
- 3 cloves garlic, crushed.
- 2 tablesp. capers, drained.
- 6 small cocktail cucumbers (gherkins), sliced.
- 2 tablesp. (30ml) Canola oil
- 2 teasp. 'Italian Herbs'
- salt
- pepper
- chili powder, pinch or two to taste.

Method:

Put the tomatoes into a bowl and pour boiling water over them

Set aside for 1 minute. Remove from the water and skin the tomatoes.

Cut each of the tomatoes into quarters, remove the seeds and drain off excess fluid. Set aside Heat 1 tablesp. of oil in a large saucepan and sauté the onion until tender but not brown.

Add the remaining oil, the garlic and the eggplant. Sauté gently for about five minutes.

Add the bell pepper and sauté for a further 5 minutes.

Add the tomatoes, chili powder, Italian herbs and salt and pepper to taste.

Sauté gently for a further 15 minutes.

Add the capers and cocktail cucumbers. Mix well.

Add the fish, pressing it gently into the mixture with the back of a serving spoon.

Cover the pan and cook very gently for a further 15 to 20 minutes, or until it is done.

Can be served either hot or chilled in the fridge.

Comment:

This delicious dish, with its high vegetation to protein ratio, conforms perfectly to Natural

Eating precepts. The fish, although not of the high omega 3 fish oil sort, is still Natural Eating conforming.

Menu Test

Last month we set a menu test – how to manage an airline breakfast. Here is our survival guide.

Fruit. Yes there is orange juice and fresh fruit – and they are proposed at the beginning of the meal. **Good.** They can be consumed without further ado.

Traditional mixed grill option is an unsurprising poor combination of BAD carbohydrates and BAD fats.

Chinese style breakfast option is interesting. It still has a poor combination of carbohydrates (noodles, dim sum) and acceptable proteins (chicken, prawns).

So, the main dish selects itself. Take the Chinese style breakfast, but don't eat much of the bad carbohydrates. Check out the relative quantities of each component.

You are going to eat the prawns and shrimp and, if you like, just a little of the noodles or the dim-sum. You will work the protein/ carbohydrate ratio such that the protein part is predominant. (At least 2 to 1.)

Croissant, jam and butter? You know the answer! They are all BAD, BAD, foods. *Leave well alone!*

Are you still hungry? This is where you are glad to have brought your own food supply – some of those indispensable companions on a long journey, cherry tomatoes, raw unsalted nuts, or baby carrots.

Tea or coffee will be OK. If you feel up to it, insist on being served the decaffeinated variety. If you must sweeten, insist on Equal (Canderel).

Reader's Questions

Price of Good Health

Q. *Isn't following the Natural Eating pattern an expensive way of eating?*

A. We make no claims either way. It all depends what you are comparing it to. If you are a big consumer of snack foods, fast foods, soft drinks, alcohol, meat and fish, you are already eating expensively.

After all, Americans spend *far less* on their food than any other developed nation – about 11% of average income. The French and Italians spend more: 15% and 17% respectively.

The French and Italians are prepared to spend more for quality – and they spend it *differently* – less on the low grade, health destroying bulk fillers and more on salads and fruit. They value, *seek out* and pay for unusual and exotic plant varieties.

These are important traits – and it shows in their better-than-American longevity and good health.

Finally, what are you prepared to invest to avoid ill health, decrepit old age and reduced life span?

In this wonderful world of plenty, the cost of eating has become small change. If necessary, reorder your spending priorities to put the quality food in your mouth that your body deserves.

Rating Rice

Q. *There are many types of rice. Are they all equally bad?*

A. Curiously, rice has been the subject of a huge number of glycemia studies.

The variety of rice makes a big difference. So-called 'low-amylose' rices are *squarely bad* carbohydrates. High amylose varieties are only 'borderline' carbohydrates.

How are you to know the difference? Mostly of course it is impossible to know – this information is not shown on the nutrition label.

Many different brands of rice have been tested. There is not space to go into them all here, although for those interested, they are itemized in the forthcoming Natural Eating Manual.

"Borderline" is better than "Bad". As a rule of thumb, brown rices are usually "borderline" – and anyway they should always be preferred over white.

Of the white rices, *parboiled* ones such as Uncle Ben's are usually borderline too.

Bagged Leaves

Q. *It is a lot of trouble preparing fresh lettuce. What is your view on packaged lettuce?*

A. Prepackaged lettuce, if the right precautions are taken, is a practicable (if expensive) alternative.

The chief considerations are that it be fresh and that no preservative (usually sulphur dioxide) has been used. Read the labels.

Often prepackaged lettuces are organic. This is even better.

Better still, often many exotic varieties of plant leaf are put up in packages (whereas they are unavailable as the whole plant). Examples are rocket, lamb's lettuce, watercress, arigula and baby spinach. This is good. It increases the variety of plant food that is eaten.

Preview of August's Q&A

Q. 'Hearty' breakfast vs. lots of fruit

Q. Fasting – Good or Bad?

Q. Roasted nuts – good or bad?

Q. Loss of stature and brain size since the farming revolution.

Q. Is it possible to live on fruits alone?

A joint presentation with Dr James Melton of The Bond Effect was given to an audience invited by the Principal, Don Harper, at his exclusive London school on June 19th.

The catering manager, David Clayton, put on a superb display of Natural-Eating-conforming party nibbles. It was a wonderful example of how to snack in a way that is not only delectable but also healthy. Art photographer Dana Melton took some exquisite photos.

There was lively and intelligent questioning from the floor. Some of the queries have been reproduced in this and June's newsletters.

Afterwards, Don Harper observed that, most so-called 'diets' are merely sub-sets (he is a mathematician!) of the overarching Natural Eating principles.

Many thanks too to Hilary Harper, David Lawrence and Janice Tobin.

Food/Disease Links

Prostate Enlargement

Prostate Enlargement, or BPH, is a condition that afflicts a huge number of men. Over 50% over the age of 50 suffer some kind of debilitating symptom. And yet little effort has gone into identifying why it happens and what can be done about it.

It is a condition that seems to be limited to humans and to those honorary humans, dogs.

It is highly unlikely that BPH is a 'normal' part of the aging process. It is much more likely that men are doing something to themselves to provoke it.

Some studies suggest that some plants such as Saw Palmetto and African Pygeum are helpful. Do they contain essential micronutrients lost to us since we abandoned the plant food of the African savannah? Nobody knows.

Event Report

Eaton House School

A recent study carried out in Greece has attempted to pin down some food factors that might be to blame.

Results:

Butter, margarine, omega 6 oils and dietary **zinc** give you BPH.

High consumption of **fruits** is protective.

Source: *Diet and BPH; Lagiou et al; Urology; 54:284-290, 1999*

Comment:

There you have it. 'Bad' oils are bad, fruits are good. The one surprise is dietary zinc. There has been a recent fad to take zinc supplements as a cold preventative.

Worse, just because the prostate contains a lot of zinc, some men are, counterproductively, *prescribed* zinc in an attempt to relieve BPH! Sorcerer's Apprentice syndrome again.

Zinc is present in a huge variety of foodstuffs, and the Natural Eater will be getting a healthy, but safely limited, ration just in the foods he eats.

It goes without saying too that the Natural Eater will be eating plenty of the BPH-defeating fruits and avoiding the BPH-provoking BAD oils.

Osteoporosis

We campaign tirelessly to scotch the misconceptions about the causes of osteoporosis.

It is a disease of modern western societies and has nothing to do with calcium deficiency. It is all to do allowing your body to manage its bone-building resources properly. This topic is dealt with at length in the new Natural Eating Book.

In recent studies, the importance of essential fatty acids (EFA's) is highlighted. EFA's are compounds that have profound hormonal effects.

The study shows that diets high in oily fish, and foods containing ALA such as walnuts, encourage bone building.

Sources:

Watkins; World Rev Nutr Diet; 1998; vol 83; 38-51
Essential Fatty Acids and Osteoporosis; Das; Nutrition; 2000; May 1; 16(5)

Comment:

Our Pleistocene ancestors had no problem with osteoporosis – their bones survive for over 20,000 years! They just did what came naturally and their bones were just fine. We can do the same.

It is ineffective to try and micro-manage bone health. Just eat in accordance with the Natural Eating tenets and your bones will be just fine too. You will get all the EFA's that your body needs – and avoid EFA-destroying saturated fats too.

Alzheimer's Update

Preliminary research is showing that Alzheimer's disease prevails when the diet is *deficient* in a cocktail of fruit antioxidants such as resveratrol, quercetin, catechins, and anthocyanins.

Moral? Eat up your 2 lb. of fruit every day – just like our prehistoric ancestors did – and just as we say!

Cart Before the Horse

The 'Fix-it' mentality is everywhere. It leads to sometimes laughable, sometimes dangerous, fixing of the symptom but not the cause.

Problem: Pudgy Pilots

Many Canadian fighter pilots are now so fat, that they exceed the safe carrying capacity of their parachutes.

Solution:

The Canadian air force is grounding these pilots until.... stronger parachutes have been designed!

Food Garbage

Lakeview Farms Key Lime Cheesecake

This comes in 12-ounce containers and the label says that this corresponds to 3 servings. 3 servings? How many people would

stop before they have polished off the lot in one sitting?

Why should anyone worry? Just look at what you are putting inside your body – a whopping 69 grams of fat. Worse – 42 grams are saturated!

Doesn't it outrage you that food producers have such a brazen confidence in the gullibility of the consuming public?

Kiddy Corner

We receive many queries from mothers anxious to know how to feed their children.

Here we serialize the relevant segment of the new Natural Eating Book.

Part 2

The next solid to be introduced is *fruit*. Why not fruit first of all? It is a question of strategy. Better to get your child used to the bland taste of vegetables before introducing the sweeter and jazzier taste of grapes, bananas, tangerines, apples, pears, cherries, peaches etc... In the early stages, make sure that fruits are skinned and pipped. Give fruits to your baby *every day*. This is the second essential eating habit to instill for life. Eat fruit every day.

Essential lifelong habit number two: eat fruit every day.

What about meat? The same remark applies as for adults. The problem for meat eaters today is that there is nothing available resembling the animal matter for which we are genetically programmed. Of course many people bring their children up perfectly successfully as vegetarians. But if you do not want to go that far, then fish and the occasional fowl is OK. Just remember, you don't have to give your child anything that, as a Natural Eater, you would not eat yourself.

There will certainly be times when it is just not possible to prepare your own baby food. What about the commercially available products? Here again the food manufacturers have got a lot cleverer about formulating reasonably healthy

substitutes. When you go shopping the same rules apply. Take your reading glasses and scrutinize the Ingredient Lists.

Don't be misled by the large, attractive marketing labels proclaiming "healthy", "low-fat", "no artificial additives" etc... The food manufacturers always put the advantages of their product in large attractive lettering. The truth is grudgingly portrayed in the smallest legally allowable print in an obscure corner of the label.

This time you are reading the ingredient list for a vulnerable, dependent, baby, so be conscientious! Don't buy anything that contains ingredients that you would not want for yourself. Watch out for all the baddies: salt, sugar, glucose syrup, vegetable oil, fat, starch etc.

Part Three of feeding children continues next month.

Natural Eating Babies

The first families to have adopted Natural Eating are multiplying! Here is an update.

Joanne's Alysia is One Year Old

Joanne Georgiades has been a follower of the Natural Eating tenets for nearly two years. Her pregnancy with her second child, Alysia went perfectly and she breast-fed her for 8 months. Alysia is now fully weaned and simply loves her fresh fruit at any time of the day.

Joanne's elder child, Alexander, now 4 years old is, with the exception of not being fond of salad, nearly converted to the Natural Eating way of life. He loves his fruits and he is a fine boy grown exceptionally tall for his age.

Joanne's tips for feeding young children are:

1. Have the right foods around all the time.
2. Have fruits (e.g. apples, tangerines, strawberries, grapes...) where they can reach them any time.
3. Finally, eat what you want them to eat! If the parents are eating it, if the

siblings are eating it, then they will eat it too.

Next Month: the Moranval Family

Insidious Foods

Cola Crumbles Bones

Teen-age girls who drink cola are far more likely to break a bone, a Harvard study found.

Grace Wyshak, an associate professor at the Harvard School of Public Health and Harvard Medical School, suggested that a chemical in colas - phosphoric acid - might actually weaken bones.

The risk of broken bones was five times greater for active girls who drank colas.

In a previous study, Wyshak found increased bone fractures among adult women who drank carbonated beverages.

Source: Wyshak: Archives of Pediatrics & Adolescent Medicine; June 2000; 154(6):542-3

Comment:

Just so. Osteoporosis has very little to do with calcium intake and everything to do with what bone hormones do with it. As described in Chapter 8 of the new Book, phosphorous increases parathyroid hormone, which in turn promotes bone-destroying cells (osteoclasts).

The Dairy lobby claims that drinking cola displaces the drinking of 'calcium-rich milk'. This is a self-interested piece of misinformation. Milk rots bones just as well as colas do!

Hints & Tips

Some people are always trying to 'feed' you. They press their food on you and it can be hard to say no.

However, saying 'no' is just what is needed. Write out a list of ways of saying 'NO' to unsolicited food offerings. Watch out for these situations. Be AWARE of them. Note how you handle them and think how you could do better next time. REHEARSE these answers, in front

of a mirror if need be, until you are quite at ease.

Mastering these techniques is an essential step in controlling what gets put into that most intimate part of your body, your gut.

From Page Two

Star Kist

TUNA FRAUD

Doesn't that sound nice and healthy? Light tuna in spring water? More! There is the comforting American Heart Association logo to boot.



The unwary hand in a hurry, rushing along the supermarket shelves, would unerringly pick this out amongst the zillions of other permutations of canned tuna.

But wait! Let us look a little closer at that food label. How come the salt content is so high at 750 mg (250 mg of sodium)?

The ingredients list gives the game away. To that lovely, pure spring water they have added a massive dose of salt!

It just goes to show that you cannot be too careful: in America at least you have to go for "low sodium" versions of tuna.

What about that American Heart Association Label? Here again, read the small print: "meets American Heart Association criteria for saturated fat and cholesterol for healthy people over the age of two".

Oh, just cholesterol and saturated fat? — that's all right then!

Yes, and by the way, those who remember from last month, 'Light' tuna anyway is not the best. In preference go for White or Bluefin for a really rich, heart-healthy fish oil content.

Next month's Food Fraud:

Paul Newman's Italian Dressing.

“Natural Eating”

by Geoff Bond

published by Griffin Publishing Group

ISBN: 1-58000-054-1

The Book is now here! We have copies available right now for dispatch. It is also available on Amazon.com and Amazon.co.uk. It is already on sale at the following stores:

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Nature’s RX, Palm Springs, 760 327 7502

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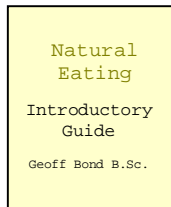
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Upcoming Illustrated Talks

Geoff Bond is on tour in Europe during the Summer

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