

Natural Eating: Eating in Harmony with our Genetic Heritage

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Nutritional Anthropology™

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# The Bond Effect

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

## Private Subscription Newsletter

**Book Reviews:** Dr James Melton; **Virtue Label:** Quorn Burgers; **Q. of the Month:** Racial Typing; **Recipe:** Bell Pepper Provençale; **Q&A:** Rice Pudding, Gut Reaction, Insatiable Youth, Bubbles and Bones. **Good News:** Heartfelt Cocoa; **Updates:** Fast Food Wheeze, G.M.O.'s, Homocysteine; **Kiddy Corner:** Book serial Part 4; **Conference Reports:** Amersham, Ancey; **Health Monitor:** Body Fat Percentage; **Upcoming Events:** Book Signing, Hospital Talk; **Hints & Tips:** Craving Control, Quality Eating Out; **Resources.**

### Book Praise

*The first reviews are going up on Amazon. This is another.*

#### At last, we finally have a manual for "Life."

The Bond Effect is an outstanding combination of natural eating and healthy thinking. How could something so simple go unnoticed for so long? This book can literally change your life -- and the beauty of it is, the methods presented will begin to work instantly! Everyone can use these ideas to enhance their image -- inside and out.

**Dr. James Melton,**  
Palm Springs, California

If you have read the Book and liked it, do us a favor! Write a review on Amazon.com and on Amazon.co.uk.

### Sorcerer's Apprentice

#### Two faced Vitamin C

Vitamin C is an antioxidant – but only at moderate doses. Over about 500mg it becomes a 'pro'-oxidant. That is it begins to have similar damaging effects as free radicals.

*Source: Podmore; Nature; 392,559; 1998*

**Comment:** Just because something is good, doesn't mean that even more is better. Eat Naturally and the doses work out just fine.

### Virtue Label

*Not all processed foods are rubbish. This British product starts off on the right foot but it could be better.*  
Comments: Page 5.

## Quorn

### Burgers

MEAT FREE

#### Ingredients

Myco-protein\* (48%), rehydrated egg white, onion flavorings, rehydrated textured wheat protein, partially hydrogenated vegetable oil, milk protein, modified starch.

\*MUSHROOM IN ORIGIN AND NOT A GMO.  
NOT SUITABLE FOR GLUTEN FREE DIETS.

#### Nutrition Information:

**Serving Size:** One Burger

Amount per serving:

<b>Calories:</b>	56.0
<b>Total Fat:</b>	2.3g
Sat fat:	1.5g
Sodium:	400mg
<b>Total Carb.</b>	2.7g
Fiber:	1.8g
Sugars:	0.8g
<b>Protein:</b>	6.2g

Now turn to page 5.

### Question of the Month

#### Racial Typing

**Q.** When did the different human races arise? Do they have different naturally adapted food patterns?

**A.** Up until about 50,000 years ago, our ancestors shared a common homeland. There were probably no more than about 40,000 of them. They shared a common gene pool and would have looked the same 'breed'.

The dispersal out of Africa took place rapidly. The world filled up. The large geographic distances meant that the worldwide pool of genes coalesced into distinct regional groupings. Racial differences emerged.

However, in genetic terms, humans have very little divergence even when measured across the widest difference – that between Hottentots and Australian Aborigines. *Gorillas in the same rain forest have greater genetic diversity!*

Beware too, of facile but erroneous assumptions. Genetically, the Japanese are closer to Europeans than they are to the Chinese!

Continuation: page 5

### Recipe of the Month

Nicole's Pocket Cookbook is now available (details on back page). Here we publish a recipe, extracted from the book that makes a delicious starter to any meal.

#### Bell Pepper Provençale

serves 4



#### Ingredients:

- 4 medium red bell peppers (=1 per person)
- 4 cloves garlic, crushed
- 4 tablesp. (60ml) olive oil
- salt (moderate)
- pepper

#### Method:

Wash the bell peppers. Bake in a preheated oven at 400°F (200°C) for approx. 30-35 minutes, turning them once.

Their skin should be wrinkled.

Put the bell peppers in a plastic bag and seal hermetically. Let them cool off in the bag.

*Alternatively: Holding the bell pepper in tongs, sear it over a flame until the skin blisters, loosens and chars slightly.*

Their skin can now easily be removed.

Cut in half to take off the seeds. Remove the stalks and ribs.

Cut in strips of 1 inch (2.5 cm).

In a serving dish lay out the bell peppers.

Sprinkle with the garlic and salt and pepper to taste.

Sprinkle the oil all over the bell peppers.

Keep the dish in the fridge until 10 minutes prior to serving.

Best made 2- 3 hours in advance, or even the day before.

**Comment:** To make the dish more colorful, instead of 4 red bell peppers, you can use 3 red and 1 yellow or orange bell pepper (green bell peppers are less tasty).

This dish is quite high in oil (one tablespoon per person) and for this reason only it loses a heart.

### Reader's Questions

#### Rice Pudding

**Q.** I have heard that 'sticky' rice as eaten in Asia, has a lower Glycemic Index. Is it therefore a safer form of rice to eat?

**A.** At one time it was thought that sticky rice was in some way protective and that this explained the relative absence of obesity and diabetes in Asian countries.

During the last 15 years that G.I. has been researched, it has gradually been found that it is a much more complex phenomenon than first thought. In particular, the reasons for a high or low G.I. can be manifold.

It has only recently been discovered that sticky rice, just like other categories of rice, has a wide range of glycemic index depending on the variety of rice plant. It took a while to find out why this should be so. It was finally identified, only quite recently, that the G.I. of rice depends chiefly on its amylose content. Amylose is a type of starch that 'gels' when moistened (as happens in boiling). Most varieties of rice are low in amylose and are rated 'bad' carbohydrates. High amylose rice has a lower G.I. and is 'medium' or 'borderline'.

Some Asian 'sticky' rices are high amylose in content (and that is part of their stickiness) but many are not. Quite simply, Asians used to live only on the proverbial bowl of rice per day. This was not enough to trigger adverse glycemic reactions.

With increasing prosperity diseases such as obesity and diabetes are afflicting the Chinese peasant just as surely as they have arrived in force to American couch potatoes.

So the short answer is that you cannot know whether you have a medium G.I. rice or not. Not until, that is, the food manufacturers state

the amylose content (it needs to be at least 30%) on the packet.

We therefore return to our Natural Eating precepts and ask with some asperity why you insist on eating a cereal at all! But if you do so insist, then try substituting rice by truly low G.I. cereals – whole barley grains and whole rye grains.

#### Gut Reaction

**Q.** What is the best way for the guts to recover from antibiotics?

**A.** The basic message is very simple - follow the Natural Eating rules as strictly as possible! The danger arises if 'bad' floras get established before the 'good' ones. They can be remarkably persistent and difficult to replace.

Check out the Fridge Door Summary on page 162 of the Natural Eating Book. Do that and you will favor the cultivation of good floras.

Your doctor might recommend some acidophilus or similar capsules. No one knows if these are really worth taking. Is the favoring of just one culture out of the several hundred present in a healthy gut a problem in itself? Probably.

Certainly don't fall for the propaganda of live yogurt. There is never an overriding reason to consume yogurt. And anyway, the acidophilus bacteria rarely survive the digestive process. (Capsules on the other hand, are designed to release their contents in the colon.)

A baby is born without bacteria in its gut, but within 24 hours, it has a full complement of flora. Nobody knows how.

Eat strictly according to the Natural Eating precepts and let nature take its course.

#### Insatiable Youth

**Q.** I have adolescent children and they need "filling up". How is this done?

**A.** This is a commonly asked question. It shows how much progress we have to make in our

thinking, in our expectations and in our habits.

The temptation is to 'fill them up' with potatoes, pasta, bread, pop-corn, pizza, hotdogs, whatever. *These are all low quality fillers* that are highly deficient in micronutrients. Worse, they are upsetting to the body's biochemistry. You might as well feed your children sawdust! What responsible parent would knowingly do that?

So, fundamentally, adolescents have to 'Natural Eat' just like everybody else – just more of it.

The challenge of course is to wean them off their current pattern and into this one. So in the following recommendations brace yourself for a shock. It is an IDEAL – remember: "any movement in the right direction is beneficial".

Upgrade your notions about the *quantities* to serve. The fruit ration for the day *is at least 3lb*. That works out to, say, three apples plus two pears plus one orange plus 1 nectarine plus ½ punnet strawberries plus ½ bunch of grapes.

The salad ration for the day should be at least 2lb. That works out to, say, one lettuce, plus three tomatoes plus ½ English cucumber plus one dozen radishes plus ½ punnet of mushrooms, a couple of green (spring) onions and a stick of celery.

The vegetable ration for the day should be at least a 1-½ lb. That could be, say, a stir-fry consisting of a handful each of broccoli, bell pepper strips, cauliflower florets, chopped onion, sugar snap peas and chopped bok choy.

All this without mentioning the daily quotas of eggs, fish, raw nuts, fowl and vegetable proteins. (With growing children one can afford to step up the proportion of these foodstuffs.)

It would indeed be surprising to find *any* adolescent that is not 'filled up' by such a daily menu.

Finally, a subversive aside: question the notion that slight hunger has to be immediately satiated. For the first

time in the history of the human race, immediately, and with no effort, hunger can be satisfied. Humans are creatures that are not 'designed' for this. We know that it is hard for a loving parent to accept this – but you will be doing your child's health a favor by *keeping them slightly hungry* for several periods of the day!

### Bubbles and Bones

**Q.** *In an earlier newsletter you explained how "carbonated beverages" promote osteoporosis. Does this go for mineral water too?*

**A.** Strictly, a 'carbonated beverage' is a drink that has non-water ingredients plus carbon dioxide bubbles. It is the "non-water ingredients" that cause the problem, not the water or the carbon dioxide.

So to answer your question – mineral waters are just fine.

### Preview of Future Q&A

- Q. Apples: To peel or not to peel?
- Q. Omega 6 as bad as sat. fat?
- Q. Vegetables: cooked or raw?
- Q. Beans and Gas
- Q. Fish: wild or farmed?
- Q. Bison: A 'good' red meat?

### Preview of Future Topics

- Potato toxins.
- Food/Cellulite connection
- Food/ PMS connection
- Omega 3 and bone health
- Forgotten wild plants
- Iron + Vitamin C gives cancer
- Legume anti-nutrients

### Good News

#### Heart felt Cocoa

New research suggests that cocoa polyphenols help cardiovascular health. Polyphenols:

- relax blood vessels (vasodilation). Blood vessel function is an important factor in the development of heart disease.
- act like antioxidants. Antioxidants prevent damage to body cells. Especially, they reduce "bad" LDL oxidation.

- are anti-thrombogenic. They reduce blood clots.

In addition, the main fat in chocolate is stearic acid. Although saturated it exerts a neutral effect on blood cholesterol.

*Source: 22nd Congress of the European Society of Cardiology; Aug 28<sup>th</sup> 2000*

#### Comment:

We've always been a supporter of the sensible use of cocoa. Just be careful what it is mixed with! Manufacturers have the annoying habit of adulterating cocoa with milk, sugar and other junk ingredients to make 'chocolate' products.

Just stick to the 70% min cocoa chocolate and the 'safe' desert recipes in our cookbooks.

### Updates

#### Fast Food Wheeze

Junk food and ready-made packaged meals may be causing the alarming rise in the world's childhood asthma rates.

Scottish researchers found children who have diets low in vegetables, vitamins and minerals are three times more likely to suffer from wheezing, infections and other asthmatic symptoms.

Children who eat less processed food, fewer frozen packaged meals and more locally grown fresh vegetables are far less likely to be asthmatic.

The number of young British asthmatic children has doubled in less than a decade. One in seven children suffers from asthma. In 1997, it killed 1,500 people.

The study, led by Prof Anthony Seaton, was done in Saudi Arabia where modern and traditional communities live side by side.

The researchers found a large difference in the diet between children from the fast moving "westernized" capital, Jeddah, and those in several rural villages.

After taking family history and allergic tendencies into consideration

they found eating at fast-food outlets is a significant risk factor for wheezing.

*Source: Prof. Anthony Seaton, Dept of Env. and Occup. Medicine, Aberdeen University. Aug 22 2000.*

**Comment:** Asthma has many triggers but a diet that is impoverished in micronutrients is a totally avoidable one.

### G.M.O.'s

Seven environmental and consumer groups launched a campaign in mid-July. Their aim: to force Campbell Soup Co. (the world's largest soup maker) to stop using gene-spliced ingredients in its soups, breads, juices and other products.

The pressure of consumer protests in Europe got a graphic illustration on Aug. 3. The Swiss firm Novartis AG announced it would refrain from using GMO materials to manufacture its food products. These include Gerber baby foods and "health" food cereal bars.

The irony? Novartis is also one of the world's largest producers of genetically modified seeds.

### Diet Zaps Homocysteine

Homocysteine? This is the new kid on the block – and not one to welcome. This is another baddy, a protein, which circulates in the bloodstream strongly provoking heart disease. It can be picked up readily in a routine blood test.

But it can be reduced – guess how? By eating a diet that is high in vegetation and low in saturated and total fat.

*Source: Appel et al; Circulation; 2000; 102:852-857*

**Comment:** Yes, the Natural Eating pattern will do very nicely thank you!

Once again the researchers are looking through the mirror from the other side. Homocysteine levels are high in the population simply because of the prevalence of dietary errors.

It is not surprising that returning to our naturally adapted eating pattern

'reduces' this baddy in the bloodstream.

### 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 Four

This is *not* the time to introduce him to pizzas, hamburgers, and take-away chicken or hot-dogs. Even less is it the time to introduce your child to candies, cookies, ice cream and confectionery! If you can get him through this phase without ever having tasted them, then you are well on the way to insulating him from addiction later on. Better for him and the whole family not to have them in the house at all.

**Lifelong habit number four:  
make your home a junk food-free zone**

At a later stage, he will learn to exercise self-discipline and, like a socially responsible drinker, be able to consume just enough for the pleasure without compromising health. Your baby is not old enough to know about postponing self-gratification, so you have to provide the discipline for him.

The hard part is with friends and relatives. They want to give 'treats'. Worse, ingratiate themselves with the child. They don't understand, and don't even cooperate with your stance. When they ask, "mind if I give him a candy?" You respond, with a perfectly straight face, "I would rather you gave him a tot of gin!"

It is being realized that many adult health problems are laid down in these formative years. Perhaps the most significant is *obesity*. If your baby is allowed to get overweight, then the chances are, that he will be overweight or even obese, for the rest of his life. Worse, if your baby is overweight he is already laying down plaque in his arteries, storing up a mid-life heart attack.

How do you avoid your baby getting fat? Just the same way as adults avoid it. It is a theme that runs right through this book. Eating naturally eliminates the risk of getting overweight. For a summary of the guidelines refer to the segment "Overweight/Obesity" in Chapter Eight of the Book.

**That completes the serialization of the chapter on feeding children.**

### Conference Reports

#### Amersham

On September 5<sup>th</sup>, Geoff Bond gave a talk to some 100 members of the Chiltern U3A (University of the 3<sup>rd</sup> Age) in Amersham, England.

It was a very good audience that showed intelligent interest and was excited to know more. The chairman, Ivan Hirsch, declared the event a great success. Word quickly got round and other U3A groups are seeking to book Geoff for the 2001 season.

#### Annecy

The next day Geoff Bond traveled via Geneva to Annecy (France) to give a talk (in French) open to the public on September 9<sup>th</sup>.

The regional newspaper, "Le Daupiné Libéré" carried an excellent interview publicizing the upcoming conference.

The French audience was intrigued and pleased by the Natural Eating message. The animated Q&A Session after the talk was only ended by the closing concierge.

### Health Monitor

#### Jack Sprat

The Body Mass Index (B.M.I.) is a venerable index of whether a person has a healthy weight for his height. However, it is only a rule of thumb. It cannot distinguish fat from lean.

It misjudges the Schwarzeneggers of this world who pack a lot of muscle into their height. It also misjudges people who have very little muscle but a lot of fat.



A better index is that of Body Fat Percentage. Now, instruments have been developed that can measure this cheaply and quickly. They are present in any self-respecting clinic and health club.

New research puts forward these figures for a combination of *healthy* BMI and *healthy* Body Fat Percentage:

Women	
Age	BMI 18.5-24.9
20-39	21% to 32%
40-59	23% to 33%
60-79	24% to 35%

Men	
Age	BMI 18.5-24.9
20-39	8% to 19%
40-59	11% to 21%
60-79	13% to 24%

How does this fit in with our ideal evolutionary-adapted body fat? Quite well, although a little on the high side. Our foraging forebears had body fat percentages that were closer to the lower end of the range.

### Upcoming Events

**Book Signing:** Sunday, October 29th at 12:00 noon.

Geoff Bond will be at Barnes and Noble, Highway 111, Palm Desert.

**Natural Eating Talk:** Wednesday, November 8th at 10:30 am.

Geoff Bond at Desert Hospital, Palm Springs.

### Desert Sun Book Review

Our Palm Springs Valley readers should look out for the Book review

by the celebrated thinker, **William Edelen**. It will be published in the Desert Sun during October.

### Hints & Tips

#### Controlling Cravings

Be aware that cravings pass. The urge to eat is like a wave. It grows gradually before peaking and subsiding. Visualize yourself as a surfer, riding the wave until it diminishes.

#### Quality Eating Out

A recent study showed that the average restaurant diner was more interested in the size of the portions than in the quality of the foodstuff.

Reverse this reflex: seek out restaurants that put *quality* before quantity. They will serve *vegetables*. They will be lightly steamed. There will be an absence of highly flavored sauces to cover up poor quality ingredients. Salads will be fresh. Few low-grade components such as potato, rice and bread. So it goes on – you know what you have to do!

### From Page One

#### Racial Typing (cont.)

The reality is that all humans worldwide share the same basic biochemistry and the same digestive requirements.

It is just the same for dogs. The apparent differences between such disparate-looking dogs as the Chihuahua and the Great Dane are not reflected in differences in their feeding patterns. They are all dogs and they thrive on dog-food.

For humans the only racial differences in feeding patterns are more to do with what dietary errors are *tolerated*.

For example, people of Scandinavian descent tolerate dairy products better than most other humans. People of Caucasian descent tolerate 'bad' carbohydrates better than most races.

However this is not an argument for constructing a different feeding pattern for Scandinavians and

Caucasians. In the long run 'bad' carbohydrates and dairy products are unhealthy for EVERYONE on the planet.

### Virtue Label



*Myco-protein?* This British product is remarkable for using a *mushroom* protein as its base material. This is much preferable to soy protein for all the reasons evoked in the May 2000 newsletter.

Egg white (albeit rehydrated) is another acceptable protein.

Further down the list (and therefore less grave), Quorn begin to blot their copybook.

- *wheat protein (gluten)*. This is allergenic and it forces them to print the gluten warning.
- *partially hydrogenated vegetable oil* – that most heart stopping saturated fat of all;
- *milk protein* – casein, the cholesterol raising protein;
- *modified starch* – a bad carbohydrate.

Somewhere in there too is *salt*. The Nutrition Facts declare a whopping 1200mg (400mg sodium) per burger. Where it comes from is not revealed.

In spite of these caveats, the overall picture is of a foodstuff that can be a useful addition to the shopping list.

We don't know of an analogue myco-protein product in the U.S.A. although no doubt one exists. Let us know and we'll publish it for the benefit of all our American readers.

*Availability:* Sainsbury's.

*Contact:* Quorn Freepost SEA 4093, Croydon CR2 6UZ, UK. Freephone: 0800 174 966.

**Bond Effect Resources**

**Natural Eating Book.** \$19.95 (£14.95) + S&H \$3.50 (£2.50)

"A remarkable treatise" Dr Christopher Brown, Director of the Sheridan Research Institute. *The "Bible" to for the Natural Eating practitioner.*

**Also available at:** Amazon.com and Amazon.co.uk; Barnes and Noble, Palm Desert, 760 341 5532; Nature's RX, Palm Springs, 760 323 9487; Oasis Natural Foods, Palm Springs, 760 327 7502

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**The Introductory Guide.** \$9.95 (£5.95) + S&H \$2.50 (£1.50)

This program has worked well for me" *Emmanuel Kampouris*, President and CEO, American Standard Inc. *The easy introduction to Natural Eating. In 32 pages, it contains the distilled essence of the principles and practice. Produced in full color and liberally illustrated with watercolors. Makes a superb gift for family, friends and colleagues.*

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**The Newsletter.** mail: \$96.00 (£60.00); web \$96.00 (£60.00)  
*Densely packed pages of straight-from-the-shoulder up-dates. It typically contains: Food/Disease Connections, Recipes, Food Label of the Month (good and bad), and much more.*

**Nicole's Pocket Cookbook.** \$9.95 (£5.95) + S&H \$3.50 (£2.50)

*The essential handmaiden for anyone living the Natural Eating way. An interesting, tasty and practical selection of delicious recipes conforming to Natural Eating Precepts. Breakfast/brunch/anytime dishes, soups and stews, salads, desserts, sauces and dips, lunch/dinner/anytime dishes.*

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