

Natural Eating: Eating in Harmony with our Genetic Heritage

October 2000

Nutritional Anthropology™

Volume 3.10

# The Bond Effect

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

## Members' Newsletter

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### Book Plaudits

**"Great Book!**  
Thank you for the wonderful book. It has many forward thinking elements with which I completely agree...."  
*Dr Dan Cosgrove, Wellmax Clinic, Palm Springs. California*

*If you have read the Book and liked it, do us a favor. Send us your comment – or review the book on Amazon.com. Thanks!*

### Ancient Dieteries

#### King Midas' Last Supper

In a first for science, the recipes were reconstructed for the drink and main course of King Midas' last meal eaten 2,700 years ago.

At a dinner last week guest archaeologists were served a dinner of watercress and goat cheese salad with cherry vinaigrette; lamb stewed in lentils, olive oil, honey, wine and anise; olives, figs, goat cheese, a garlic and olive pâté and rustic breads. The whole lot was washed down with "King Midas' Elixir", a cocktail of beer, wine and mead. (Mead is an alcoholic beverage fermented from honey-water.)

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### Virtue Label

*Not all processed foods are rubbish. This American product is a laudable safe ketchup*  
Comments: Page 5.

**WESTBRAE**  
**UNSWEETENED**  
**UN-KETCHUP**

**Ingredients**  
WATER, TOMATO PASTE, MADE FROM RED, RIPE TOMATOES, APPLE CIDER, VINEGAR, SALT, ONION, NATURAL FLAVOR

**Nutrition Information:**  
**Serving Size:** One tbsp. (15g)  
Amount per serving:  
**Calories:** 5.0g  
**Fat cal:** 0.0g  
**Total Fat:** 0.0g  
**Cholest:** 0.0g  
**Sodium:** 60mg  
**Total Carb.** 1.0g  
Sugars: 0.0g  
**Protein:** 0.0g

**Comment:**  
There is every reason why ketchup should be a tasty, agreeable and safe condiment. But most other processors ruin it. Their ketchup is not safe.

Continued: Page 5

### Question of the Month

**Farmed Fish Fats**  
**Q.** Are the fish oils in farmed fish as good as the oils in wild fish?

A. Hey! This goes right to the heart of a very important point. The oil profile of fish *does change dramatically* according to what it is fed on.

Give a carp sunflower oil feed and it has only 4% Omega 3 oils. Feed it on fish meal and it has 21% Omega 3 oils!

Give a rainbow trout soybean oil feed and it has 14% Omega 3 oils. Feed it on flaxseed oil and the rate goes out to 30%.

So what happens in practice? As the rapidly-evolving fish farming industry stands today, the fish feed is still largely ground-up other fish.

However, the farmers, always in search of cost reductions and rapid fish growth, are busy experimenting with all kinds of alternative feeds. Only occasionally do they concern themselves about the omega 3 content.

So yes, we should be worried. Today, farmed fish is probably OK. *But we are not to know!* In the future, without any requirements for proper labeling, we'll never know.

Continued: 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 centerpiece of any meal.*

### Veggie Layer Bake

serves 4-6



#### Ingredients:

- 1 can (approx. 28 oz, 800 g) marinara sauce
- 1 lb. (16 oz, 455 g) eggplant, cut in thin slices
- 3 oz (85 g) sun-dried tomatoes
- 12 oz (340 g) brown mushrooms, sliced
- 12 oz (340 g) red onions, sliced
- 21 oz (600 g) red bell peppers
- 12 oz (340 g) zucchini, sliced
- 2 tablesp. (30ml) olive oil
- 2 cloves garlic, crushed
- 2 teasps. "Herbes de Provence" or "Italian Seasoning"
- 5 tablesp. (75ml) red wine
- 3 tablesp. Parmesan cheese, grated
- salt (moderate)
- pepper

#### optional:

- 1 - 2 tablesp. spicy olive oil (with hot red pepper)

#### Method:

1. Wash the bell peppers and bake in a preheated oven at 400°F (200°C) for approx. 35 minutes, turning them once. Their skin should be wrinkled.

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

#### Alternatively:

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

Now remove the skin, cut open and remove the seeds. Remove stalks and ribs.

Cut in large strips of 3 inches (approx. 7-8 cm).

Salt and pepper to taste.

Set aside.

2. Pour boiling water over sun-dried tomatoes and let soak 5 minutes.

Drain. Set aside. They are now ready to use.

3. Sauté the onions, following the instructions in the **footnote**.

4. Sauté the mushrooms in a **hot** non-stick frying pan, without any oil, stirring constantly, until they release their juices. Continue to stir until all the liquid has evaporated.

Mix in the remaining tablespoon of oil and the garlic.

Salt and pepper to taste. Set aside.

Lay out 1/3 of the Marinara sauce on the bottom of a large, oiled baking-dish.

Layer the eggplants on top. Salt and pepper to taste.

Layer the zucchini on top. Salt and pepper to taste.

Sprinkle with 1 teaspoon of the herbs.

Spread another 1/3 of the Marinara sauce on top.

Lay out the bell peppers, followed by a layer of mushrooms and a layer of onions.

Mix the sun-dried tomatoes into the remaining Marinara sauce and spread on top of the vegetables. Sprinkle with the remaining herbs.

Pour the wine equally over the dish and sprinkle with the cheese.

(**Optional:** sprinkle with the spicy olive oil.)

Bake uncovered in a preheated oven at 350°F (180°C) for approx. 1 hour.

#### Comment:

This is a fine, high plant-food dish. Eat copiously.

## Reader's Questions

### Apple Skins

**Q.** *Should I peel apples? I hear that peeling can eliminate contaminants and pesticides. I am also concerned about digestibility*

**A.** You should always try to eat the apples with their skin on. The risks of contamination are greatly exaggerated. On the other hand the skins contain most of the micro-nutrients and some, like quercetin glycosides, that are found *only* in the skins. Just give the apples a good veggie-wash beforehand.

Our digestive system is perfectly adapted for apple skins. However some people have abused their digestive tract into inertia. They can have difficulty with the digestion of apple skins. They should introduce the quantities slowly until full intestinal motility has been restored.

### The Alpha and the Omega

**Q.** *I am confused. From the way you denigrate Omega 6 oils I assumed they are saturated fats. Now I am not so sure. Clarifications please.*

**A.** Omega 6 oils are *polyunsaturated fats!* Yes, that is the drama of it. We've been brainwashed to believe:

'Polyunsaturated fats – good, Saturated fats – bad'.

The truth is more complex. Polyunsaturated fats can be bad too – if the ratios get out of proportion.

That is what has happened in Western diets. We consume far too much Omega 6. Alpha linolenic acid (Omega 3) is crowded out. Essential fatty acid imbalances reinforce diseases like osteoporosis, plaque formation, cancers, inflammation etc... (See N.E. Book, 'Fats and Oils', p. 79).

In other words, in these circumstances, a polyunsaturated fat can be *just as dangerous* as a saturated fat.

### Vegetables: Cooked or Raw?

**Q.** *I have heard that it is better to cook vegetables – that way extra nutrients are released. They are also more digestible.*

**A.** No, no and no! This canard has been put about after studies showed that *some* nutrients in *some* cases were more bioavailable – *but at the price of destroying even more valuable nutrients*. This last qualification was quickly overlooked!

Throughout the long history of the human race, even when fire was available, plant material was rarely cooked. Cooking invariably destroys micronutrients and denatures macronutrients.

Always eat raw when you can. If you eat 2 lb of fresh fruit and 1½ lb of mixed salad and crudités every day, then you have covered the bases. The lightly cooked vegetables that you eat in addition bring a bonus, albeit depleted.

As for digestibility, this is another canard. See the last paragraph of 'Apple Skins'

Finally, just note that some non-conforming 'vegetable' products like potatoes are toxic unless cooked. All the more reason to avoid them!

### Beans Meanz Gaz

**Q.** *Why do beans cause gas and is there any way to avoid it happening?*

**A.** All legumes contain indigestible oligosaccharides (raffinose, stachyose and verbascose). In other words, legumes are not foods to which we are naturally adapted. We do not secrete the necessary enzymes.

Result. These compounds arrive in the colon where bacteria chomp into them, releasing gases in the process. This flatulence can be up to one pint an hour from California white beans!

This process has been intensively studied. There are Herculean attempts to find ways of degassing beans: dehulling, soaking, boiling, extruding, pressure-cooking, germinating, fermenting, enzyme treating, bicarbonating, and even gamma irradiating!

None of them give satisfactory results. But guess what? The best

of the bunch is still the old standby: soak overnight in clear water, rinse thoroughly and boil vigorously.

For the future, a combination of germination and irradiation is thought to be promising. Ho hum! That'll be the time to give up on beans altogether...

*Source inter alia: Alpha-galactosides of Sugars in Food; Naczka et al; Antinutrients and Phytochemicals in Food; ed. Shahidi; Amer. Chem. Soc. Symposium; 1995*

### Caffeine and Prostate

**Q.** *My urologist recently gave me a list of foods to avoid for prostate health. They were all foods on your list except for chocolate. He says chocolate too because of the high caffeine content.*

**A.** Nobody knows why BPH (enlarged prostate) occurs. Some foods, it is thought, irritate the enlarged prostate and make the symptoms worse. One of the compounds that might do this is caffeine.

Caffeine has been implicated in many mild disturbances of human biochemistry. It wouldn't have its agreeable stimulatory effects otherwise! Nevertheless, in moderate quantities it has been very difficult to find much wrong with it.

Caffeine is present in almost all plants, although some have higher concentrations. To put the question into perspective, these are the concentrations in some common beverages:

16 oz Starbucks grande:	550mg
8 oz cup coffee:	135mg
8 oz cup tea:	50mg
1 can of Coca Cola:	45mg

In comparison, the Natural Eater's daily ration of 25 grams (1/4 bar of chocolate) contains about 15mg of caffeine. This is measurable but it is still only a third of what is in a single can of Coke!

Frankly, if you are doing everything else right, the modest amount of caffeine in chocolate is not a major prostate irritant. When you think of all those men blindly consuming all those other 'bad' foods on your list,

in comparison you are almost perfect!

Ultimately though, it is your call: the pleasure of a little chocolate against the perfection of a totally caffeine-free diet!

### Preview of Future Q&A

- Q.** Cod liver oil
- Q.** Crème Budwig
- Q.** Evening Primrose Oil
- Q.** Wild Game? Bison?
- Q.** "Variety Meats" (offal)?

### Preview of Future Topics

- Potato toxins.
- Tofu/mental decline connection
- Food/Cellulite connection
- Iron + Vitamin C gives cancer
- Legume anti-nutrients

### Food/Disease Connections

#### The Curse

Menstrual cramps are switched on and off by hormones known as prostaglandins. These are the famous products of the consumption of essential fatty acids.

Which oil turns on the cramps? Omega 6 of course! Omega 3 turns them off.

In a double blind, placebo controlled study in Denmark, women with their EFA ratio balanced by fish oil stunningly confirmed this effect.

Moral? As ever, cut down on the omega 6 foods and boost the omega 3 foods. See the Natural Eating Book, Chapter Five, p. 79, Fats and oils.

*Source inter alia: Menstrual Discomfort Reduced by Fish oils; Deutch et al; Nutr. Res. Vol 20; no 5; 2000*

#### Omega 3 and Bone Health

Do you still think that, for good bone health, all you have to do is gulp down calcium tablets?

If you have read the N.E. Book, chapter Eight, from page 145 you

will realize that there is far more to it than that. If anything, calcium obsession is a disastrous neglect of the factors that are really important.

Did anyone tell you that consuming sunflower oil will increase bone disease? It sounds far fetched and yet it is true!

It comes down to the pesky 'bad' prostaglandins produced by excess Omega 6 oils. They instruct the bone building cells to slow down and the bone destroying cells to speed up. They instruct the intestinal walls to prevent the absorption of calcium.

Moral: a *key element* of bone health is to get your essential fatty acids balanced. It's all in the Book!

Source *inter alia*: *Essential Fatty Acids and Osteoporosis*; Das; *Nutrition*; 2000; May 1; 16 (5)

### Hints & Tips

#### Craving Weaning

Allow yourself the time for changes in food habits to become established.

After eating a low salt diet for a few weeks instead of craving salty foods you will be nauseated by them.

After eating a low fat diet for a while structural changes take place in the brain. The compound galanin is reduced and with it the cravings for fatty foods.

### Thought for the Month

#### Forgotten wild plants

Walk into any supermarket and you can't help feeling that there has never been such an abundance and variety of foodstuff.

However all is not what it seems. As agriculture has industrialized, food production has concentrated on just a few varieties.

Fifty percent of the world's calories come from just four crops: rice, maize, wheat and potato.

The main reason for limited diets lies in the economics of

agribusiness. The more you mechanize, the more efficient you become. So it pays to have vast specialized systems for just a few crops.

Does it matter? These crops are not even the best choice. On the whole they were ones adopted by Stone Age farmers simply because they were the handiest and the most amenable to domestication. Nutritionists or research anthropologists certainly did not choose them.

The Kiwi is the only new fruit to have become popular in over a century. Rocket, originally cultivated in Roman times, is the only salad to make a comeback.

Hundreds of other plants have disappeared from our kitchen gardens just since the Second World War. How many still remember sorrel and quince and medlar fruit? What about sloes, carob and seakale?

What about purslane, that so-common vegetable of medieval times, rich in omega 3 oils? What about the samphire mentioned by Shakespeare in King Lear?

J.L. Guil has carried out a fatty acid analysis of a whole range of such plants eaten in Europe right up till recent times. Here is a selection: amaranth, wild beet, rock samphire, sea rocket, hoary cress, goosefoot, common mallow, pellitory-of-the-wall, ox-tongue, plantain, purslane, curly dock, hedge mustard, glasswort, sow-thistle, sow-thistle-of-the-wall, chickweed, vervain.

Isn't that roll call of names redolent of a scarcely remembered, richly endowed, culinary heritage?

All these plants have excellent fatty acid profiles and many are rich source of long chain omega 3 fatty acids. But when will we see them back again on our dinner plates?

And that is just a tiny selection from Europe. In India alone there are over 1000 edible food crops; in Ghana 2,500 and in North America 1100.

Where are they all? Our Pleistocene ancestors fed on hundreds of different plant species. Variety is *essential* for optimum human health.

In every way that you can, try to introduce variety into your plant food selection. Visit ethnic markets, try out new plants, and encourage market gardeners by buying their non-conventional produce.

Sources: *Ripe for Revival*; *New Scientist*; Sept 2, 2000.

*Fatty Acids in Edible Wild Plants*; Guil et al; *J. of Chromatography A*; 719; 1996

### This America

#### Obesity Empathy

The Beth Israel Deaconess Medical Center, Boston, MA, deals with a lot of obese people. In order to put them at ease, director George Blackburn puts on a special 50lb quilted suit. This puffs him up to the same size as his patients.

#### Idle on Parade

Most new army recruits cannot even do a sit-up when they arrive. The US Army is already worried that its troops are unfit. When they were tested against the standards expected in 1946, most failed. The Army Fitness School is now resurrecting the methods of the 1946 Manual – but gently – for fear of increasing injury rates amongst unfit recruits.

#### Obese Child Fostered

3 year old Anamarie Martinez, who is 3'-6" tall and weighs 120 lb (8st. 12lb) was taken into State Custody. "She will surely die unless she uses a breathing machine when she sleeps, follows a special diet and exercises more – something the parents have been unable or unwilling to do" says the affidavit.

The family relies on family disability aid. Last year the father, Regino Martinez, quit his construction job to keep the family income below the eligibility cap.

## News Flashes

### Cancer Red Herring

It had been postulated that sharks don't get cancer and shark cartilage became the fiercely hyped cancer nostrum of the late 1990's.

Just expensive snake-oil according to a study led by Dr Adrian of Copenhagen University Hospital. 17 women with breast cancer all found their disease progressing just as though there had been no treatment.

"We now know that even sharks can get cancer", noted the researchers.

### For Whom the Bell Tolls

Kraft recalled all the taco shells that it sells under the Taco Bell brand. It contained genetically modified corn (maize) that has only been approved for animal consumption. It contains a bacterium gene that makes insecticide.

The government is making a \$68m buyback of all stocks of the corn to stop it getting into the food supply again. Sloppy handling by farmers was blamed for the mix-up.

## From Page One

### King Midas (cont.)

Scientists from the University of Pennsylvania Museum of Archaeology and Anthropology reconstructed the meal from leftovers unearthed in Midas' Iron Age tomb. This was discovered 43 years ago in the ancient city of Gordion, about 60 miles southwest of Ankara in central Turkey.

"King Midas' Golden Elixir," was a mixture of choice, not only for Midas but also for other monarchs of the ancient Mediterranean world, including the mythical King Agamemnon of Mycenae, who led the Greeks against Troy.

The Midas of legend was a Macedonian king with a rose-garden palace. The god Dionysus granted his wish that everything he touched would turn to gold. The wish became a curse when even

food turned to gold. Midas won reprieve by journeying to Asia Minor and washing in the river Pactolus.

The Midas of history was a warrior king of an Indo-European people who migrated to Asia Minor from the Balkans around 1,000 B.C. Known as King "Mita" to the neighbouring Assyrians, he had a large palace on a semi-arid prairie that came to life with wild flowers each spring.

#### Comment:

King Midas ate a diet that is not that far away from the lauded 'Mediterranean Diet' eaten right up until recent times by the Cretans.

However, the *goat's cheese and bread* are already lapses. Nevertheless, in King Midas' day, the *rustic* bread would be less glycemic and it would have retained its essential oils. The *lamb* would have had an acceptable fatty acid profile.

The 'Elixir' sounds a potent concoction. Both the wine and beer in those days were sour and they were virtually undrinkable on their own. It was a common practice to mix them together and soften them up with mead.

### Virtue Label (cont.)



Most conventional ketchups are vitiated (polite word for 'corrupted') by sugars and salt. Not in this case.

This particular brand is a good safe sauce – and it tastes good! There is zero sugar and very low salt. It just shows that it can be done.

These speciality sauces are rarely to be found in the big chain supermarkets. Rather, check out your local health food store.

*Westbrae Natural Foods, Carson, CA 90746, USA.*

*Sightings: Nature's RX, Palm Springs, tel: 760 323 9487. Oasis Natural Foods, Palm Springs, 760 327 7502.*

Do not despair if you cannot find this brand, or one like it. You can whip up your own ketchup from the recipe in **Nicole's Pocket Cookbook**.

### Farming Fish Oils (cont.)

Make representations about food labeling to the USDA ([www.usda.gov](http://www.usda.gov)). Ask your fish supplier about the omega 3 content (really!). It is only through creating a fuss that the suppliers will react to the needs of the market.

*Further reading: Farmed Fish Fat and Human Health; Hunter et al; Nutr. Res. Vol 20; no 7; 2000*

## 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.

**Natural Eating Talk:** Monday, November 20<sup>th</sup>, at 7:00 pm. Geoff Bond at **Holiday Inn**, Sheridan, Wyoming.

### 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 on a Saturday during October.

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