

NATURAL EATING NATURAL EATING NATURAL EATING



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Hot News: Clinical Trials. **Who we Are:** Our Ultimate Father. **Q. of the Month:** Wild Meat. **Recipe:** Harira. **Q&A:** Macadamia, Grape seed, Bodybuilding, Evening Primrose, Gorillas and Ironman, Blood and Guts, Swiss Crème Budwig. Previews. **Food and Disease:** Tofu, Potato. **Hints and Tips:** Run for Pleasure. **Event Report:** Sheridan, Wyoming. **Upcoming Events:** Radio Shows, Book signings, Talks. **Resources.**

Hot News Who We Are Question of the Month

The Trials of Natural Eating

Excellent news! The Sheridan Research Institute is gearing up to carry out clinical trials on the Natural Eating precepts.

During Geoff Bond's visit to Sheridan, Wyoming (see event report) the details were discussed.

We may be sure that the trials will throw up many beneficial results. This will set Natural Eating apart from the fad nostrums such the Atkins diet, Pritikin diet, etc...

The ultimate aim is to publish scientific papers in peer-review journals. This will provide powerful arguments to the hidebound medical and scientific communities. We will then be empowered to shift complacent political attitudes about the nation's dysfunctional food environment.

Virtue Label Revisited

This salad dressing was featured as our virtue label in our October 1999 issue.

PAUL'S
TOMATO ANDBASIL
salad dressing

We are pleased to inform our readers that Paula's products have been awarded 1st place in the National Salad Dressing Competition. One of our favorites is Paula's No-fat Roasted Garlic.

Cont: Page 5

Who We Are

Our Ultimate Father

The most recent ancestor of all males living today was a man who lived in Africa around 59,000 years ago, according to an international team of researchers.

The new research confirms the Out of Africa theory that modern humans originated in Africa before slowly spreading across the world.

To find the common paternal ancestor, the team drew up a genetic family tree of mankind. They mapped small variations in the Y-chromosomes of 1,062 men in 22 geographical areas, including Pakistan, India, Cambodia, Laos, Australia, New Guinea, America, Mali, Sudan, Ethiopia and Japan.

Our ancestors migrated from **eastern Africa** into the **Middle East**, then to **Southern Asia, New Guinea, Australia**, and finally to **Europe** and **Central Asia**.

The Hottentots and Bushmen of Sudan, Ethiopia and southern Africa are the closest living descendants of the first humans to set out on that great journey tens of thousands of years ago.

source: Nature Genetics; October 2000

Comment:

This is an intriguing finding – that we are all descended from just one man who lived in Africa some 59,000 years ago. That fixes the migrations as starting after that date.

Continued: Page 5

Question of the Month

Wild Meat

Q. *What about wild game meat as a suitable animal protein. We can get bison easily – is that all right?*

A. Yes, in some parts of the country, wild game is readily available. When it is truly wild (and not artificially fed) most wild game conforms closely to that consumed by our Pleistocene ancestors. It is very low fat, has a good essential fatty acid content and has a good fatty acid ratio.

These are all good wild foods. As ever, keep the portion size down to the size of a deck of cards (really!): **bison, boar, buffalo, deer, elk, goat, horse, moose, rabbit, squirrel etc...**

Come on Board

Thinking the Unthinkable

The American Heart Association has issued revised dietary guidelines. [Got it wrong last time then?]

Surprise, surprise, they are "moving towards a diet that focuses on food rather than numbers." They also note that "the low fat message is so distorted that people are selecting food with high junk calories such as soft drinks and baked goods". [That's fighting talk!]

For the first time they recommend eating omega 3 rich fish. But they still intone the same platitudes about eating grains and legumes.

source: Circulation, October 31, 2000

Recipe of the Month

Nicole's Natural Eating Cookbook will soon be available.

Here we publish a recipe, extracted from the book that makes a hearty start or even centerpiece of any meal.

Harira Soup

(Moroccan Recipe)



serves 8

Ingredients:

- 10 oz (280 g) onion, chopped
- 8 oz chicken breast, chopped.
- 9 oz (250 g) garbanzo beans, soaked overnight and drained
- 9 oz (250 g) red lentils
- 6 cups (48 fl.oz, approx. 1 ½ liter) vegetable broth, canned or home-made
- 28 oz (800 g) fresh or canned tomatoes, peeled, seeded and chopped
- 21 oz (600 g) red bell peppers, seeded and chopped
- 12 oz (340 g) zucchini, diced small
- 1 tablesp.(15 ml) olive oil
- 2 tablesp. tomato paste
- 2-½ tablesp. ground cinnamon
- salt
- pepper
- 3 tablesp. cilantro, chopped

Method:

- Heat the oil in a very large pot and sauté the onions and chopped chicken.
- Add the vegetable broth and the garbanzo beans. Bring to a boil. Reduce heat and
- simmer covered for approx. 1 hour, until the beans are tender.
- Add the lentils, the tomatoes, the bell peppers, the tomato paste and the cinnamon.
- Cook on low heat, covered, for approx. 15 minutes.
- Add the zucchini and salt and pepper to taste.
- Simmer for another 15 minutes, or until the lentils and veggies are done.
- Prior to serving, sprinkle with the chopped cilantro.

Comment:

This is a Moroccan heavy vegetable stew, made traditionally with lamb cuts. Here we replace the lamb by chicken breast.

This can be a meal in itself. Indeed the Moroccans eat this to break their fast during Ramadan.

Think of low smoke point as being a virtue.

Anyway, what are you doing that requires a knowledge of smoke point? You should not be doing any kind of cooking that heats oil that much.

Bodybuilding

Reader's Questions

We receive many questions from readers. This is a selection. Web members will have access to a much greater number.

Macadamia Oil

Q. *What do you think about macadamia nut oil? It is 74% mono-unsaturated, a smoke point of F 389, a lower percentage of omega-6 fat than canola and it also claims to be the best source of palmitoleic acid.*

A. Macadamia oil has a very similar profile to olive oil. It is a very poor source of essential fatty acids. It's only virtue is that, like olive oil, it does no harm. It is just empty calories. Like olive oil it resists heat well so it is useful for stir-frying.

The point about omega 6 and omega 3 is the *ratio* of the two. In Canola oil the ratio is excellent at 2:1. In macadamia oil (and olive oil) there is virtually none of either.

Palmitoleic acid is a monounsaturated fat just like oleic acid, the main component of olive oil. It is harmless, but apart from that there is no particular virtue in it.

Grape Seed Oil

Q. *Recently I switched to grape seed oil with a claimed smoke point of over F 485. Do you have a recommendation on that.*

A. Grape seed oil is a bad Omega 6 oil. Its omega 6 to omega 3 ratio is appalling at 700:1. It is worse even than sunflower oil and safflower oil. **AVOID!**

In general terms, the higher the smoke point of an oil, the less of the 'good' omega 3 oil it has.

Q. *I am a body builder who ate lots of red meat and dairy products. This gave me ulcerative colitis, raised my cholesterol levels and drove me into depression. We avoid soy products. (We don't want the phytoestrogens to affect our testosterone levels.)*

Can Natural Eating Help?

A. **This interesting question raises some fundamental points. It requires a longer than normal response. The first part is given this month and part two next month.**

We often use the example of the gorilla, who shares 98.5% of his DNA with us. A male gorilla might stand 5'-8" tall and weigh 450 lb of solid bone and muscle. He builds that muscle entirely from vegetation!

This demonstrates in a dramatic way that 'eating red meat and dairy foods' is not at all necessary – or even desirable – to feed muscle development. All the protein necessary can be obtained just from non-meat sources if necessary.

However, we are not quite gorillas and it is not suggested that we live on vegetation alone – even though it is possible. Rather, our biology supposes that a modest portion of our diet should be from concentrated protein sources.

It is normal for humans to be well muscled, although bodybuilding represents an unnatural extreme. So you have to accept that what you are trying to do is a distortion from our naturally adapted lifestyle.

Even so it is not difficult to incorporate bodybuilding sensibly into healthy practice. The thing to know about extreme physical activity of this kind is that, by definition, it damages muscle fibers that then need to be repaired. The demands

for protein are therefore greater than normal – up to twice as much in extreme cases.

This is not difficult to achieve, Americans in the ordinary way eat at least twice as much protein as is good for them already. However, as a Natural Eater, you will have rectified this error. In order to raise your protein intake a little you can increase the number of times you eat a protein rich *conforming* food during the day. (Don't just do it in one protein rush).

The kinds of foods we are thinking about are: nuts, eggs, turkey breast, chicken breast and seafood of various kinds. Don't overdo it though! Have confidence that all your protein needs are easily met with small, regular protein portions. Don't forget that protein will be coming in from all the vegetation that you eat, notably nuts, salads and vegetables. *Always keep vegetation as the dominant component of any meal.* Above all avoid consuming dairy products and red meat.

You rightly point out soy products as being suspect. Incorporating modest quantities in the diet is not a big deal but don't go overboard. The same goes for other legumes such as beans and lentils.

Part II continues next month

Vitamin E and Evening Primrose Oil

Q. *What is the maximum daily intake of vitamin E? The RDA is 10mg but lots of food supplements have 20mg. I am thinking about evening primrose oil (EPO) and a book I have says that too much vitamin E negates the benefit of the GLA (Gamma Linolenic Acid) in EPO. Can taking say 20 or 30mg per day be dangerous?*

A. You already know our answer -- you get all the micronutrients you need from your food! It is impossible to micromanage all the different micronutrient interactions. However, put the right gas in the tank and the body sorts itself out just fine.

We certainly wouldn't waste our money on Evening Primrose -- just another bad Omega 6 oil. The only rationale for using it at all is that it has some GLA content. GLA is an omega 6 derivative. It is only helpful for those rare people whose bodies are incapable of making GLA for themselves.

As for Vitamin E, make sure that you are eating foods that have it quite naturally.

Vitamin E is a cocktail of a dozen or so tocopherol compounds (see April 1999 newsletter); supplements only contain one or two of them at best. Also food industrialists have the maddening habit of processing vitamin E out of their products.

Go for the least processed foods and go for Omega 3 rich free-range eggs for example.

Good luck and continue reading the book! It's all in there....

Gorillas and Ironman

Q. *I've been doing triathlons, 14 Ironman ones, for 20 years now and can't see how I'll get enough calories from Natural Eating. But I would like to try it. I found I was insulin sensitive, from diabetes when at University, so maybe it's O.K. to still eat bad carbohydrates and sugars to get the extra calories without the extra volume.*

A. What you are trying to do is a distortion of the normal exercise patterns for human beings. However your concern can be met quite simply. You can increase the consumption of *conforming* oily foods such as nuts, oily fish and omega 3-rich eggs. You do not need to increase by much and should always make sure that green vegetation is at least 75% of the diet.

That is the short answer. The question is an interesting one and we will do a more complete reply in a future newsletter. In particular, we would like to link in the case of the Tarahumara tribe of Mexico, who even today, have a tradition of running dozens of miles over mountainous terrain with a very frugal diet.

Whatever else you do, don't get into the trap of 'carbohydrate loading'. It is especially dangerous for you, who have a history of poor blood sugar control.

Finally, let us say that we have had extremely good reactions from bodybuilders who have wrecked their health with high protein diets. (see *'bodybuilding'*). They find that they can 'eat naturally', recover their health and still body-build.

Blood and Guts

Q. *I've heard that "Variety Meats" (offal) are rich in nutrients. Should we be trying to eat these?*

A. We are talking here about carcass parts such as brains, intestines, liver, lungs, kidney, tripe, heart, stomach, blood, head, spinal marrow, pancreas (sweetbread) spleen, thymus (a.k.a. sweetbread), trotters and tongue.

Most people are eating far more of these than they realize. They are the chief meat components of sausages, salamis, hamburgers, luncheon meat, meat paste, pâté and hot dogs.

Most variety meats are rich in cholesterol. For this reason there has been a trend to reduce their consumption.

There is no doubt that our Pleistocene ancestors ate these things from time to time. Some are rich in certain micronutrients; e.g. liver is rich in iron and vitamin A. This is not always a good thing. Eskimos avoid polar bear liver because of its toxicity (high vitamin A content).

Most 'variety meats' are quite fatty too. On the whole there is no good reason to go out of your way to eat offal.

You will get all the micronutrients that your body needs from following the normal Natural Eating pattern.

Swiss Pot Pourri

Q. Crème Budwig has been recommended by my Swiss health professional. Is this a good thing? It seems to controvert the Natural Eating precepts.

A. Crème Budwig was developed by Dr Budwig according to his idiosyncratic ideas of diet back in the 1950's. It was much promoted by his acolyte, Dr Kousmine.

The chief feature is the use of *utterly fresh* ingredients. So far so good. It then gets worse.

The chief ingredients are:

- Sunflower oil (*bad omega 6*)
- Yogurt (*bad dairy*)
- Very ripe banana (*glycemic*)
- Freshly milled grains (*indigestibility, gas, glycemic, antinutrients*)
- milled nuts
- very ripe seasonal fruits.

So, apart from the straightforward *bad* ingredients, there are some *bad* food combinations – starches, fruits and proteins in the same ghastly confection!

No, this is a whimsical invention of an unconventional doctor. It fails miserably on all tests of what is right for humans to be eating. **AVOID!**

Preview of Future Topics

Q. Cod liver oil

Q. Spaghetti glycemia

Q. Breakfast is not monotonous

Q. Bread and antinutrients

Q. Yogurt and lactose

Q. Anti-Supplements and B₁₂

- Iron + Vitamin C gives cancer
- Legume anti-nutrients

Food and Disease**The Curse of Tofu**

Eating tofu in midlife leads to mental deterioration in old age.

The Honolulu Heart Program at the Hawaii Center for Health Research has just published a damning report.

8,000 men and women have been studied for over **35 years**. Those who ate two or more servings a week of tofu showed the most signs of mental deterioration in old age compared to those who ate none.

The tofu eaters had the poorest cognitive function, the most brain atrophy and abnormal enlargement of brain ventricles.

The researchers suggest that the isoflavone antinutrients are the cause. They block enzymes that are essential to the brain's ability to learn.

Source: Brain Aging and Tofu Consumption; White et al; J Am Coll Nutr; 2000 Apr; 19(2):242-55

Comment:

We don't get a lot of thanks from our readers for pointing up the deficiencies in soybean products.

But as we tirelessly point out, legumes (including lentils and beans) are Trojan horses in the human diet. We don't resist their toxins well.

The quantity of tofu eaten in the study, even by the biggest eaters, is laughably low by many people's standards. *Only two servings a week*. Many people eat that many servings a day!

Until a few years ago, the soybean producers were embarrassed by the toxicity of their product. But that was before they levied a penny a bushel for marketing purposes.

The advertising men soon made a virtue out of necessity – they vaunted the high protein content of soybean. They happily financed research to demonstrate an upside to soybean toxins – the estrogenic effect. Presto! A miracle food is born...

Make sure your tofu-free brain is in gear when you listen to the soybean marketing pitch.

The Deadly Potato

The Spaniards first brought the potato to Europe but it took a hundred years before it was accepted for human consumption.

It was known to be part of the Solanaceae family, which includes highly toxic plants such as **deadly nightshade, henbane, belladonna** and **mandrake**. These are all plants known for their poisonous, narcotic and hallucinogenic effects.

The potato plant indeed contains naturally occurring toxic compounds. One class is the **Glyco--Alkaloids** (G.A's.). Defosses discovered them as long ago as 1820. Potatoes have been responsible for human and livestock poisonings, including deaths.

[For medical professionals: the toxic effects are mainly due to cell membrane disruption and cholinesterase inhibition.]

There are more G.A's. in the skin than in the flesh – but it is not as simple as that. Once peeled, more G.A. is produced in the flesh by a wound-response mechanism.

G.A's. are toxic to insects too – that is why the potato makes them – they are a built-in insecticide.

Symptoms of potato poisoning include: **vomiting, diarrhea, stomach pains, drowsiness, apathy, shaking, confusion, weakness, depression and coma.**

Death has been variously due to **strangled bowel, heart attack and respiratory failure.**

In those cases where people died, it has been possible to calculate lethal doses. 1400 cases have been analyzed.

It is calculated that the safety factor on 1lb of potato is only 4!

Researchers suggest that potato G.A's are the most serious toxic components in the human diet. G.A's are strongly resistant to heat and are impossible to remove.

Not surprisingly, the potato producers do not want the consumer to know too much about all this. Result? There has not been the depth of research that one might expect.

But why worry? The Natural Eater knows that the potato is an interloper in the human dietary and

that there are a lot of *other* things wrong with it too.

AVOID!

Source: *Biological Activities of Potato Glycoalkaloids; Phlak & Sporns; Antinutrients and Phytochemicals in Food; ed. Shahidi; Amer. Chem. Soc. Symposium; 1995.*

Siren Song**Look behind the message to check the messenger.**

“Ohio potatoes are economical and nutritious”, warbles Dave Kelly, general manager of the Ohio Potato Growers Association, “this year’s crop has fantastic quality”.

“Classified as a vegetable, potatoes contribute to the goal of eating five servings of fruits and vegetables per day, recommended by the USDA’s Food Guide Pyramid”.

“Avoid exposure to light that causes potatoes to turn green. This causes a bitter flavor so it should be pared off before the potato is used”.

Comment:

Well, Mr. Kelly, what about the potato toxins? What about potato’s glycemic and insulinemic properties?

And how misleading to classify potato as a vegetable, as though it were on a par with tomatoes or broccoli!

No chance of the potato growers association giving us a balanced view. But note the warning about peeling green potatoes. Those are heavily toxin-laden parts. But they don’t say so!

As ever, be skeptical about the claims of vested interests.

Hints & Tips**Run for Pleasure**

Exercise rather than eat when you are stressed. When you eat fat/sweet combinations of food such as chocolate, endorphins are released in the brain, which induce euphoric or pleasurable feelings. The same brain chemicals are released in response to aerobic exercise.

Event Report**Warmly in Wyoming**

In mid November, Geoff Bond went on a speaking tour to Sheridan, Wyoming. Braving the snow and ice, he and Nicole were warmly received by Dr Christopher Brown, Mr. and Mrs. Joe Schuchert, and the Sheridan Research Institute.

There was a one-hour live radio phone-in at the local radio station followed by a keynote talk at the local Holiday Inn. There was a capacity audience of nearly 300 people. The audience was keenly interested and the question session went on for over an hour.

The following day, in main street ‘The Book Shop’, a large number of books were signed as well as other Natural Eating materials.

There is a strong contingent of enthusiastic Natural Eating practitioners in Sheridan. They eagerly took up the various opportunities to meet Geoff and deepen their knowledge of N.E. precepts.

From Page One**Our Ultimate Father (cont.)**

Of course this common ancestor was just one of tens of thousands of males living at the time. It is just that the other bloodlines petered out over the generations.

Many men will have fathered only girls, or they failed to father at all. Males are less likely to be a parent – historically, just the alpha males mated – the others didn’t mate at all.

The most prolific of them all was a 17th Century Sultan of Morocco, Moulay Ismail. He fathered over 800 children!

When one man fathers that many children, there are lots of men who don’t get to father at all – and their genes peter out.

In the May 200 newsletter we reported on the common ancestral woman. She lived much longer ago – some 150,000 years.

Quite simply, a much *higher percentage* of women became mothers and they each bore a much

smaller number of children. Convergence to the ancestral mother then takes many more generations.

Virtue Label (cont.)

PAUL’S

TOMATO ANDBASIL

salad dressing

We congratulate Paula’s on their efforts to fabricate a healthy range of products – it only goes to show – it can be done!

Paula’s has a wide range of salad dressings, most of which are Natural Eating conforming.

This review is undertaken, as always, independently of any vested interests.

Paula’s contact details:

fax: 310 970 9809; tel: 310 970 7840

Upcoming Events**Radio Talk Shows:**

Geoff Bond is appearing on Radio Telephone Talk Shows around the USA. They often come up at short notice. These were known at the time of going to press:

Tuesday December 5th at 4:00 pm C.T. Station KGLO, Mason City, Iowa.

Tuesday January 23rd at 10:30 am P.T. Station KWXV, 98.5FM, Palm Springs, California.

Book Signings:

Saturday January 20th, 2001. Geoff Bond will be at **Super-Crown**, Palm Springs

Overseas Tour:

Geoff Bond will be touring London and Paris from mid-December to mid-January.

Natural Eating Talks:

Wednesday, February 7th 2001 at 10:30 am. **JFK Medical Center**, Bermuda Dunes (Palm Springs).

Thursday, March 1st 2001, at 5:00 pm. **Desert Hospital**, Palm Springs

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