

NATURAL EATING NATURAL EATING NATURAL EATING


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News: Heartfelt Cheney. **Who we are:** Population pressures invention. **Month's Question:** Pumpnickel toxins. **Future Topics. Recipe:** Crab St Jacques. **Q&A:** Yogurt in the dock, jazzy fruit, fruit fallacies, vegan compromises, cod liver oil, spaghetti glycemia, bodybuilding (2). **Tribal Lessons:** Tarahumara endurance. **Worst Foods:** MacDonald's deep-fried chicken head. **Sorcerer's Apprentice:** Iron and vitamin C killer. **Food/disease:** Insulin and colon cancer. **Hints & Tips:** Gulp not. **Upcoming Events:** Health fair, radio shows, book signings, talks.

In the News

Heart Disease

Docs: Cheney Sets Bad Example

Hospitalized after suffering his fourth heart attack, Dick Cheney is "setting a bad example by eating the very foods that damaged his heart in the first place". The next day (Thanksgiving), Cheney tucked into "turkey with all the trimmings."

"Successful heart disease reversal programs use vegetarian diets because, unlike turkeys, plants have no cholesterol," said PCRM* president Neal D. Barnard, M.D.

"Cheney gives thanks for being alive by eating foods that are killing him, and contributing to the heart attacks that fell 4,000 Americans every day."

"Turkey holds 100 milligrams of cholesterol in a 5-ounce serving of breast meat, even without the skin. Going skinless does not make it healthy, since most of the cholesterol is in the lean portion".

Source: *Physicians Committee for Responsible Medicine.

Comment:

We would not be so hard on Cheney – or turkey breast! There are certainly other, *more important* reasons for Cheney's heart condition. Like: dairy products, saturated fats, omega 6 oils, bad carbohydrates, sugars and salt.

Even *vitamin C supplementation* can be a vicious, unsuspected and treacherous heart attack trigger. (**'Sorcerer's Apprentice', page 5**)

Who We Are

Population Pressures

Necessity – Mother of Invention
It's easier to catch a tortoise than a hare, as Stone Age Mediterranean people learned early on.

They also discovered that, as their numbers went up, the availability of tortoises and other slow-growing and slow-moving food sources went down.

Under these circumstances, people had little choice but to increase their reliance on hares and other, faster-moving prey. So says Mary Stiner and colleagues who have been studying ancient middens* in Italy and Israel.

Human populations during the Paleolithic period were exceptionally small and dispersed. When preferred food sources became scarce, they simply moved on to where things were better.

Source: *Stiner et al; Science; Jan 8, 2000*

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*midden: a refuse heap; especially a mound marking the site of a primitive human habitation. (Also: a dunghill.)

Health Wise

The costs of bad eating

Fully *one half* of all Americans have at least one chronic illness. It costs \$6,032 a year to treat. 60 million Americans have *multiple* chronic diseases whose costs are much more. A healthy person spends just \$182 per year.

Chronic Disease Symposium, Johns Hopkins University Nov 29, 2000

Question of the Month

Prioritizing Pumpnickel

Q. *In spite of the antinutrients, in grains, you say that whole-wheat bread and pumpnickel can be consumed. Why?*

A. Grains, and particularly bread, were never part of our naturally adapted diet in Pleistocene times – and they have major drawbacks. There are the *toxins* (that you mention) and there is the *glycemic nature* of these products.

In an ideal world no one would consume grains and their products. However the reality is that they exist in our food environment – and they do sometimes serve a practical purpose. Paracelsus* said, "Poison is in the dose". Small quantities of grains can be 'tolerated' by most people.

We would recommend that people abstain totally from grains and bread. But until they get to this desirable stage, they should much reduce consumption generally and concentrate on the 'least bad' of them.

**Born 1493 in Salzburg, Austria, Paracelsus was a brilliant, radical thinker and physician. He founded the role of chemistry in medicine.*

Future Topics

- E-coli, manure and organic
- Digestive enzymes and cooking
- Face creams and vitamins
- 'Off' flavors in oils and nuts
- Lentil antinutrients, why recipes?
- Fiber – soluble/insoluble
- Insulin/Exercise connection
- mushroom fungus

Recipe of the Month

Nicole's *BIG Natural Eating Cookbook* will soon be available. Here we publish a recipe, extracted from the book that makes a delicious starter or a centerpiece of any meal.

Crab St. Jacques au Gratin



serves 4

Ingredients:

- 2 cans, **each** 6 oz (170 g) net wt crab meat
- homemade cauliflower puree (made from 1 lb. cauliflower - see recipe)
- 2/3 cup (approx. 5 fl.oz, 160 ml) soy milk (or a little more if needed)
- Nutmeg
- salt
- pepper
- 3 tablesp. (approx. 2 oz, 55 g) low-fat Swiss cheese, grated

Method:

Drain the crabmeat thoroughly into a measuring cup. Set aside the liquid, which will be about 2/3 cups (approx. 5 fl.oz, 160 ml).

Pour the crabmeat liquid and the soy milk into a non-stick pan.

Add the cauliflower puree and blend slowly into the liquid with a hand-mixer, until you obtain a smooth consistency.

Mix in the crab meat.

Season with nutmeg, salt and pepper to taste.

Distribute the dish into 4 small ovenproof molds.

Sprinkle the cheese over the top.

Brown under the grill, until the surface has a golden color (take care to keep the dish at a certain distance from the grill).

Serve directly to the table.

Comment:

The "St. Jacques" style normally employs bad ingredients, such as double cream, butter and flour.

Here, in this recipe, we achieve a dish with all the same flavor and

delicious taste, but without the bad ingredients.

Eat as a starter, or as an accompaniment to a big salad or a major vegetable dish.

Reader's Questions

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

No Reprieve for Yogurt

Q. I know that lactose tolerance diminishes with age, but scientific studies show that the calcium is still bioavailable. Why don't you recommend low fat yogurt?

A. The short answer is that dairy products were never part of our ancestral diet. They have so many drawbacks that there is absolutely no reason to force ourselves to use them. It is like trying to 'make a silk purse out of a sow's ear'.

The longer answer is that dairy products might be tolerated only when they have the fat removed, when they have the lactose removed, and when they have the casein removed (casein is the milk protein that raises cholesterol levels sharply).

But why bother? Humans, once weaned (and just like any other mammal) simply do not have the digestive apparatus or biochemistry to use dairy products appropriately. This answers your question about low fat yogurt. It is still rich in casein (that is what provides the bulk).

The lactose question is a bit of a red herring. Many people of Germanic origin have developed a tolerance to lactose – but that is all it is – tolerance. Just as one can 'tolerate' a couple of tots of vodka it doesn't mean that it is a good thing to be doing!

As for the question of calcium, it is a remarkable commentary on the success of the dairy industry, that the populations of Europe and North America are neurotic about "getting enough calcium". An attentive reading of the N.E. book will show that this is a non-problem. Bone health is to do with

a great range of very serious factors, none of which involves calcium deficiency.

As for your assertion that calcium in dairy products 'has been shown to be bioavailable', we would like to see the references for that. All the research that we have seen shows just the opposite.

Presumably you have by now been weaned (joke) and, that being the case, it is a self-delusion to imagine that dairy products can continue to serve any useful purpose in your diet.

Morning Glory

Q. Isn't it monotonous just eating fruits in the morning?

A. It is surprising how many assumptions there are in this short sentence.

Let's take the first, monotony.

One of the curses of the modern food environment is that we have come to expect that our food should be interesting and amusing. This is fine so long as it doesn't become the sole or dominant criterion for what we put in our mouths.

So while we would resist any suggestion that 'eating naturally' need be boring, we would ask people to question the assumption that the 'gas we put in the tank' should *necessarily* be amusing as well.

Secondly: fruits have to have just about the widest range, and jazziest, of tastes, of any food group. To paraphrase Dr Johnson*, anyone who is tired of fruit must be tired of life!

Thirdly, who said we should eat only fruits in the morning? There are many other options, most of which are spelled out in the book.

A good mixed salad for example; or a vegetable and shrimp stir-fry; or a mushroom omelet – almost anything that is Natural Eating conforming can be consumed in the morning.

One of the biggest hurdles we have to overcome is our preconceived idea about what it is right to eat in the morning. 'Think

out of the box' – after all a Japanese or a Chinese or a Peruvian or a Fulani all have different preconceived ideas about breakfast – and they are all different from each other! Most of them are definitely a better start to the day than the conventional Western breakfast.

** Dr. Samuel Johnson, born 1709, at Lichfield, England was the foremost literary figure and the most formidable conversationalist of his time. Famously he wrote the first credible dictionary of the English language.*

Fruit Fallacies

Q. Many people cannot cope with a high fruit intake, particularly on an empty stomach, they get indigestion and flatulence. Sometimes it helps to eat a banana first.

A. This is a terrible commentary on the lamentable state of either the power of old wives' tales, or the lifelong abuse of our digestive tracts, or both.

Humans are above all 'designed' as fruit eaters. But in some cultures there is a pernicious misconception – that fruits are hard to digest. The evidence belies this misguided proposition. When people actually try eating fruits, they find that they manage perfectly well.

Of course, fruits after a meal can be very problematic – and that's just when, in Western cuisine, they are consumed. It is not surprising that whole generations of Europeans grow up thinking that fruits disagree with them!

That is the first point. The second is to do with the few people who genuinely have a problem when they first start to eat fruits in any quantity. Their digestive system has been so browbeaten into inertia by a lifetime of dietary errors, that it doesn't know how to handle them any more. It is as though our cattle, through being fed animal carcasses, had lost the ability to digest grass!

However, all is not lost. We know of no one who couldn't build up to a normal fruit consumption over a

period of time. Just take it at your own pace and you will be surprised how quickly your body adapts to the new regime.

If eating one banana first thing in the morning helps you get through this adaptation phase, then by all means do that. But don't feel that you have to do that for the rest of your life. The quicker you can get yourself weaned off this kind of crutch the better.

Vegan Compromise

Q. You are against the taking of supplements, yet you recommend that vegans supplement with vitamin B12. How do you reconcile this contradiction?

A. Quite simply, a strictly vegan diet is not appropriate for the human species. It is all right for gorillas, horses and elephants, but not for us. We know that some animal matter was a modest but essential part of our Pleistocene-adapted diet – and we haven't changed since!

The proof is that strict vegans end up with B12 deficiency leading to blindness, even death (see Newsletter for April 2000). There are many things that vegans might do that are bad for health, like over-rely on grains, bread, pastas, lentils, beans and suchlike.

The Natural Eating pattern puts them straight on that. But in the absence of any animal matter whatsoever (just one egg a week would be enough), then supplementation is the lesser of two evils.

Cod Liver Oil

Q. As children we used to be given cod liver oil, sometimes made palatable with molasses. Was it a good thing to be doing?

A. Cod liver oil was recognized a long time ago as being a very rich source of vitamin A. Early nutritionists, for this reason, thought it would be a good idea to recommend it as a supplement.

We now know that it is not a great idea to supplement with vitamin A – first, hardly anyone is in deficit,

secondly, vitamin A is toxic in heavy doses and thirdly we are much better off getting our vitamin A as beta-carotene from plants.

So both we, and the cod, are better off if we don't eat their livers.

Cod liver happens to be rich too in omega 3 oils, so it is OK to eat it occasionally as a delicacy.

As for the molasses, that is just another bad sugar. Today's generations of children can be thankful that the cod liver oil supplementation practice has been abandoned.

Low Glycemic Glycemia

Q. You claim that it is all right to eat spaghetti because it has a low glycemic index. Yet after quite a small portion I suffer the classic symptoms of hypoglycemia.

A. We take great pains to explain at every occasion that the measurement of glycemic index is fraught with uncertainties.

The rankings are useful as a guide to what we should be eating and what we should be avoiding.

Nevertheless, the glycemic effect of a particular foodstuff can vary widely according to an individual's personal physiology and his current digestive circumstances. Moreover, the G.I. of a food can vary from brand to brand.

So it is quite possible that you are suffering glycemic reaction from spaghetti. What is good is that you are listening to your body and you can make the appropriate adjustments in your eating habits.

Body Building

Last month we published the first part of our response to a reader who is a keen body builder. He finds that bodybuilding diets had a disastrous effect on health. Can Natural Eating provide the right kind of nutrition?

Bodybuilder part II

A word about some misconceptions. It is futile to try 'pushing' protein into muscles – it just doesn't work. The only thing that works is 'pulling' protein into muscle building by exercising the muscles to their limits. That way the body calls up protein from the blood stream as necessary to build the muscles up some more.

It is particularly futile dosing up on expensive supplements and power drinks. Manipulating your insulin levels to increase protein uptake is particularly dangerous. You will have learned from the Natural Eating book that it is impossible to micromanage body processes – there are always unexpected and unpredictable consequences.

Sports medicine advisors have heavily researched the use of dietary manipulations and supplements.

NOTHING REALLY WORKS. For example creatine was thought to be helpful. But many studies, the most recent being in March 2000, show that there is no useful benefit. The only devices that do bulk up muscle, are illegal and dangerous: the various drugs, particularly of the testosterone steroid family.

Bottom line: work those muscles extra hard and they will draw down just the amount of protein they need to build themselves. You only need to eat just enough to achieve this – and it is a lot less than you think.

Part 3 next month

Tribal Lessons

Last month we answered a question from a reader who is an 'Ironman' competitor. It requires extreme endurance: – running a marathon of 26.2 miles, then cycling 112 miles and then swimming 2.4 miles.

The Tarahumara are Famous Endurance Runners – yet eat simply.

This Indian tribe from central Mexico has long had a tradition of running enormous distances over

mountainous terrain. Even today, everyone participates – children, women, men and the elderly.

Their running prowess is formalized in 'kick-ball' races. In the men's event, the participants cover over 100 miles every 24 hours in a race lasting 48 hours.

The energy expenditure is close to human limits – 10,000 cal per 24 hours. The courses are rugged and grueling varying in altitude from 6000 feet to 8,500 feet.

What about the spectators? They run with the contestants! The runners have the added burden of chopping and changing direction as they kick a wooden 'baseball' along the hillside in front of them. Even so, they keep up a steady average pace of 5 mph.

Remarkably, there is no special preparation in the form of training or diet. So how do these people eat?

Their diet is almost entirely vegetarian, contains no dairy products or meat, is low in salt and is high in vegetation (which includes squash, beans and corn). The diet is very low fat (less than 12% calories) and very low cholesterol (70 mg/day).

The Tarahumaras are remarkable for having no cardio-vascular disease, very low cholesterol, low triglycerides, and low blood pressure, low heart beat and no obesity.

These wonderful vital signs are common to both sexes. There is no worsening of any of these vital signs with age – belying conventional medical orthodoxy.

Sources: Tarahumara Endurance Runners; Balke et al; Am. J. Phys. Anthropol. 2; 1965. Tarahumara Diet and Blood Lipids; Connor et al; Am J Clin Nutr. 31: 1131; 1978

Comment:

The Tarahumara are remarkable for their physical fitness in the face of conventional ideas about sports medicine. Their diet is close to the Natural Eating ideal with the notable exception of the high intake of cereal (corn).

This one divergence from the ideal is well compensated by all the

other things that they are doing right.

Worst Foods**We Know Not What We Do**

In many ways our food is disguised. Our children tuck into hamburgers without really thinking about what they are eating. However, once in a while, reality intrudes with a great shock.

Such was the experience of the Ortegases. They bought a box of chicken wings at a Newport News MacDonald's.



This isn't a wing that just happens to look like a chicken head, it is a comb-topped, beak-bearing deep-fried chicken head! The Ortegases are scandalized and want compensation for distress.

We think that fast food restaurants should be made to include a percentage of identifiable body parts in their offerings. That would force the consumers to think about what they are really eating.

Sorcerer's Apprentice**Vitamin C/Iron Death Trap**

Too much circulating free iron is lethal. It generates billions of free radicals. These mutate DNA and promote cancer. Patients have died from a single dose of vitamin C releasing so much iron that it produced fatal cardiac arrhythmia.

The significance of iron excess has been markedly underestimated. And it is hard to tell from the symptoms! They are the same as if there is an iron deficit: anemia, tiredness and a run-down feeling.

The body has ways of soaking up free iron: it binds it as *ferritin* and as *transferrin*. So far, so good. But vitamin C has the property of

unbinding this mechanism. In larger amounts Vitamin C becomes a *pro-oxidant* and *cancer promoting*.

Vitamin C supplements can rapidly lead to death. Three young athletes died of congestive heart disease (cardiomyopathy) when vitamin C supplements released a massive amount of free iron out of their body's iron stores.

In a double whammy, a combination of vitamin C *and* iron causes LDL to *oxidize*. Oxidized LDL *wrecks* coronary arteries.

Americans have much more iron in their diet than is necessary. It mostly comes from red meat. Vegetarians get just about the right amount of iron together with a compatible amount of Vitamin C.

Source: Herbert *et al*: *Vitamin C driven free radical generation from Iron*; *J. Nutr.* 126; 1213S; 1996.

Comment:

The last paragraph says it all. Get the eating pattern right and the dosages work out just right.

It is impossible and probably dangerous to try double-guessing your body's needs by using supplements.

Food/Disease Links

Insulin Increases Colon Cancer

The risk of colorectal cancer is increased by chronically high levels of circulating insulin and insulin-like growth factors (IGFs). Dr. Rudolf Kaaks, of the International Agency for Research on Cancer, in Lyon, France, and colleagues identify a Western lifestyle as the cause.

J Natl Cancer Inst 2000;92:1592-1600.

Translation:

Most westerners eat a diet that provokes abnormal quantities of insulin in the bloodstream. What do we eat that does that? The bad carbohydrates!

Do the sugar producers, the snack food manufacturers, the breakfast cereal makers declare on their

products, "Eat this to get colon cancer"?

Of course not! It is down to us, the individual consumer, to look after our own health. Nobody else will do it for you.

Hints & Tips

Gulp Not

Pay Attention to what you are Eating.

Most people pay little attention to what they put in their mouths. They barely see, barely smell and barely taste their food. They gulp it down while they work, drive, talk or watch TV.

Look carefully at your food before your put it in your mouth. Notice its size, shape, color, texture and freshness. Smell your food. Appreciate its aroma.

Now you are ready to put some in your mouth and taste it. Can you describe the flavor? THINK about these things!

This 'foreplay' is a very important to eating well and eating sparingly. You will be satisfied more easily and with less.

From Page One

Population Pressures

Comment:

Our first ancestors arrived in the Mediterranean 40,000 years ago. Mary Stiner has been researching this period up to 10,000 years ago.

As humans multiplied, the numbers of easily-caught species like tortoises declined. So hunters were forced to devise ways of catching small mammals and birds. New and more sophisticated hunting technologies, like the bow and arrow, fishing hooks and snares were invented.

During this period our ancestors transformed from being foragers into more aggressive hunters. They did this under the pressure of a diminishing food supply.

As we know, even this was not enough, and about 10,000 years

ago humans started farming (and in this area) for the first time.

Upcoming Events

(Contact us for further details)

Health Fair

Saturday Jan. 20th. Nature's RX, Palm Springs. 1-760 323 9487

Book Signings:

NEW DATE! Saturday Feb. 17th. at 1:00 to 3:00 pm. Geoff Bond at **Super-Crown**, Palm Springs. 1-760-325-1265.

Overseas Tour:

Geoff Bond on tour in Europe mid-December to mid-January.

Natural Eating Talks:

Wednesday, February 7th 2001 at 10:00 am. **JFK Medical Center**, Bermuda Dunes (Palm Springs). 1-800 491 4990.

Thursday, March 1st 2001, at 5:00 pm. **Desert Hospital**, Palm Springs. 1-800 491 4990

Radio Talk Shows:

These were known at the time of going to press:

Tuesday Jan. 23rd, "V.J.'s Corner" at 10:15 am(PT) Station KWXY, 98.5FM, 1340AM, Palm Springs.

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