

## NATURAL EATING NATURAL EATING NATURAL EATING



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**Anthropology:** Iceman's Goat. **Q of Month:** Fungus and Mushroom. **Success Stories:** Sleeping Tight. **News Flashes:** Saccharine. Organic Rules; Bad Eggs. **Recipe:** Eggplant and Tomato Medallions. **Q&A:** Organic Pathogens, Rancid Oils, Digestive Enzymes, Face Creams, Lentil Toxins, Fiber Savvy, Insulin and Exercise, Bodybuilding III, **Snake Oil:** Coenzyme Q10. **Siren Song:** Fat Free Shop, Cherry Tablets. **Food/Disease:** Dogs Dinner, Premenstrual Arteries, **Hints & Tips:** Know Thyself, Negotiate. **Events.**

### Nutritional Anthropology

**Iceman's Last Supper – Goat.**  
 Oetzi, is the nickname of the man, overtaken in a snowstorm, whose 5,000 year-old body was found preserved in an Italian alpine glacier. Studies have yielded some fascinating details of life in those far off days.

Even so, 5,000 years ago, is well into the farming (Neolithic) period of Europeans. Oetzi's diseases show that already humans were suffering from it.

By analyzing a tiny fragment of the Iceman's colon content, they found remnants of muscle fibers from a mountain goat called an ibex.

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### News Flash

#### Sweet Revenge

#### Saccharine gets Clean Bill of Health

Two decades of research could not find any scientific evidence for the alleged cancer-causing properties of saccharine.

In December, Congress passed an act to remove the warning labels on saccharine products.

#### Our View?

Sugar is a much greater risk to health than saccharine was ever suspected of.

### Question of the Month

#### Fungus and Mushrooms

**Q.** *Should I avoid mushrooms because they are a fungus – I fear fungal infections.*

**A.** Beware of generalizing from the particular!

For example, both tomato and deadly nightshade are from the same plant family (Solanacea.) No, edible mushrooms are a useful addition to the diet. Eat them with a clear conscience.

### News Flash

#### Standards Rise

#### National Organic Rules are Adopted

For the first time in the USA there is a national standard for the term 'organic'. These standards will protect the integrity of the 'organic' guarantee.

The regulations will prohibit the use of irradiation, sewage sludge, genetic engineering, pesticides and artificial fertilizers. For more visit the USDA web site:

[www.ams.usda.gov/nop](http://www.ams.usda.gov/nop)

**Our View?** see page 5

### Success Stories

#### Sleep Tight

In a little over two weeks, my sleeping patterns have improved greatly, and my wife has lost a significant amount of weight!

We found that the [book's] research-derived reasoning was far better than simple lists of "good" or "bad" foods...

**Mark Hember, St Albans, UK.**  
 New enthusiast

### News Flash

#### Standards Fall

#### Eggs to Carry Health Warning

Egg cartons will soon bear new safety warnings designed to help Americans avoid food poisoning:

"To prevent illness from bacteria keep eggs refrigerated, cook eggs until yolks are firm, and cook foods that contain eggs thoroughly."

#### Our View?

It is a national disgrace that salmonella has contaminated the egg supply chain. This is entirely due to the venal, inhumane and shortsighted practices of the egg producers.

**Continued Page 5**

### Recipe of the Month

Nicole's *BIG Natural Eating Cookbook* is now available. Here we publish a recipe, extracted from the book that makes a delicious centerpiece for any meal.

### Medallions of Eggplant and Tomato

serves 4



#### Ingredients:

- 1 very large eggplant (approx. 20-24 oz, 570-680 g), unpeeled
- 3 large, ripe and juicy tomatoes (approx. 20-24 oz, 570-680 g)
- 4 cloves garlic, crushed
- 2-3 teasp. "Herbs de Provence" (or "Italian Seasoning")
- 2 tablesp. (30 ml) olive oil
- 2 tablesp. basil, chopped
- salt, pepper

#### Method:

Cut the eggplant in slices of approx.  $\frac{1}{2}$ -inch (1,5 cm). You should obtain about 16-20 slices.

Cut the tomatoes in slices of same thickness as the eggplant (there should be at least the same amount of tomato slices (approx. 16-20 slices).

Lay out the eggplant slices on an oiled baking tray or dish.

Salt and pepper to taste.

Sprinkle half of the "Herbs de Provence" (or "Italian Seasoning") over the top.

Place tomato slices on top of the eggplant slices (they

should be covered entirely by the tomatoes).

Salt and pepper to taste.

Distribute the garlic evenly over the tomatoes.

Sprinkle the remaining "Herbs de Provence" (or "Italian Seasoning") and the basil over the top.

Sprinkle the olive oil equally over the tomatoes.

Bake in a hot oven at 400°F (200°C) for approx. 35 minutes, or until the eggplant is soft.

### Reader's Questions

#### Manure for Organic

**Q.** *I would like to buy organic produce, but I have heard that, because of the manure that is used, they are likely to be contaminated by E-coli.*

**A.** There is a tiny risk that manure carries disease pathogens. This is a sad commentary on the way animal husbandry has been degraded.

It is now common practice to feed cows on corn. This is not good for cows – corn (indeed any grain) is not a part of the cow's naturally adapted diet.

Cows digest corn poorly. It ends up in their colon where e-coli bacteria thrive on the residue.

#### Corn-Fed Cows Have Severe Gut Disease

What should you do? Take some comfort in the thought that as a Natural Eater, your immune system will be able to handle some severe challenges without undue discomfort to yourself.

On a wider note, be vigilant, and fiercely oppose at every

opportunity, the more egregious practices of agro-industry.

#### Off Flavors

**Q.** *I find that many of the nuts and oils I buy have an 'off' flavor. How important is that?*

**A.** That off flavor is your signal that the product is bad and should not be consumed. The oils are oxidized. Not only have they lost their nutritional value, they are aggressively bad for your arteries.

#### Digestive Enzymes

**Q.** *I hear that digestive enzymes are destroyed by cooking – how important is that?*

**A.** Cooking certainly modifies the nutritional content of food, partly for the better, partly for the worse.

However, there is no evidence that digestion becomes a major problem. As a Natural Eater, you will be eating plenty of raw foods anyway – if only in fruits and salads – so you will be getting all the enzymes that the body needs.

#### Vitaminized Face Creams

**Q.** *A lot of ladies' face creams boast about their vitamin content. Is this significant?*

**A.** No – this is just another marketing ploy, pushing hot-buttons in anxious women's brains, to sell product that is, essentially, ineffective in preventing wrinkles.

#### Lentils and Antinutrients

**Q.** *You deprecate lentils and other pulses yet you do have lentil and bean recipes – why?*

**A.** It is very hard to live in today's world where the food supply is so dysfunctional. So including meal with pulses once

or twice a week is not a big deal. This is the sort of compromise that can be made. For these occasions we provide some tasty and interesting recipes.

People who eat more lentils and beans than this lay themselves open to all the anti-nutrient-induced diseases. (Immune dysfunction, cancerous growth, pancreatic disturbance, growth hormone suppression, allergy provocation.)

### Fiber Savvy

**Q.** What is the difference between “soluble” and “insoluble” fiber.

**A.** Fiber, which is basically the material that forms the structure of plants, occurs in many types.

These types have been broadly grouped into two categories: “soluble” which are found in most green vegetation; and “insoluble” which are found in cereals (as bran).

The significance is that “insoluble” fibers are not digested and so they pass unchanged through the digestive system. Sometimes they even bulk up. Such fibers (e.g. psyllium) form the basis of many laxative products.

It used to be thought that insoluble fibers are a good thing – providing “roughage”. We now know that the opposite is the case. The colon does not need this kind of abrasive content. Moreover it is deficient in any nutritive benefit.

On the other hand, “soluble” fibers are digested and absorbed in the colon. They feed ‘good’ bacteria and they generate useful compounds, like butyric acid, that are beneficial to body biochemistry.

These compounds are part of the tool kit essential to the immune system, the cholesterol balancing mechanism and many other functions.

### Rule of Thumb:

Soluble fiber (vegetation) good;  
Insoluble fiber (grains) bad.

### Insulin/Exercise Control

**Q.** I exercise a huge amount and as a result have good insulin sensitivity. Why isn't that point made more often in diabetes treatment?

**A.** Both the nation's lifestyle and orthodox diabetic medicine are a calamity.

Exercise is an essential ingredient to our naturally adapted lifestyle. We should be expending at least 1000 calories a day in aerobic activity. (See the Book, Chapter 11.)

On the other hand, conventional medicine has tunnel vision. It mainly sees pill-and-injection solutions.

Many doctors know that exercise is important, but by the time the patient comes to see him he is incapable of walking 10 yards let alone running 10 miles.

This is a clear case where *prevention* is of crucial importance. By the time the disease has struck it is too late.

### Body Building

*The last two months we published parts I and II 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 III

You are only 25 years old but you have already developed some nasty health problems. Ulcerative colitis does yield quickly to the elimination of those ghastly cereal and dairy allergens and to the practice of good food combining.

Cholesterol levels will be brought steadily under control simply by adhering to the Natural Eating precepts. There is no quicker fix.

You also mentioned that you suffer from depression. This can be caused by essential fatty acid deficiencies, particularly due to the saturated fats you've been consuming in large quantities. Adhering to the Natural Eating precepts and correcting the dietary errors, should help alleviate your depressions.

There is also the genetic connection. You probably have the body type trending to 'ectomorphic'. i.e. naturally light boned and thinly muscled. (The other extreme body types are: endomorphic – very fleshy and tending to plumpness; mesomorphic – stocky and putting on muscle easily.) If so, however hard you try, you will never develop muscles like a mesomorphic.

So count your blessings! For your height you have an ideal weight – particularly supposing that, as a bodybuilder, you have a low body fat percentage and a well-muscled frame. It is your call – but you can carry on bodybuilding without necessarily seeking to increase muscle mass beyond what you already have. Eat Naturally and you will achieve the best of both worlds – the body of a Charles Atlas with an optimum bodily health.

### Snake Oil

#### Coenzyme Q10

Coenzyme Q10 (also known as CoQ10) is a type of lipid found in the energy-producing mitochondria of cells.

Healthy and most sick people get absolutely no benefit from CoQ10. Only a tiny group of heart disease patients find an improvement – in exercise capacity.

**Advice:** Don't waste your money.

### Siren Song

*Don't be seduced by the siren songs of the marketing industry*

#### Fat-Free Delusion

Andrea Halperin, a 35-year-old with a flair for marketing, has opened F3 FAT FREE FOODS in Manhattan.

Rich-looking glazed chocolate cakes and iced cranberry orange muffins greet customers as they walk in the door. Behind the pastries stretch walls of pasta and sauces.

Warbles Halperin happily, "We have 7,000 fat-free items here from marble cheesecake to honey wheat pretzels".

#### Our View?

How grotesque can it get? Customers are deluded into buying dangerous bad carbohydrate garbage that is only going to make them even fatter – whilst lining the wallet of the cynical marketer who knows the right psychological buttons to push.

#### Fruit Into Supplements

Cherry farmer Underwood is now selling his cherries in tablet form. He points to cherry-industry research that suggests the fruits may help ward off a variety of ailments, from

chronic pain to cancer. A bottle of 60 tablets sells for \$16.50.

James Josephs, Chief of Neuroscience, Tufts' Human Nutrition Research Center on Aging, says, "I recommend going with the fruit itself - fresh or frozen."

#### We say:

How sick is our society – that people will pay \$16.50 for a useless cherry extract rather than eat the fresh fruit? Fortunately James Josephs is a voice of sanity.

### Food/Disease Links

#### Companion Animals

##### Doggy Diseases

Our companion animals are not spared the calamitous deterioration in our eating habits.

Dogs are suffering ever more from *inflammatory disorders* involving the *skin, joints* and *kidneys*. They are suffering ever more from *cancer, diabetes* and *atherosclerosis*. Dogs are even suffering behavioral problems – *depression, irritability* and *disobedience*.

Just like humans, dogs have many nutritional needs that are not met in today's diet. Particularly, proprietary pet-foods are just as deficient in many nutrients as human processed foods.

One of the biggest errors is an unbalanced essential fatty acid ratio. Just like humans, dogs need to get their omega 3 oils and omega 6 oils in a 1:1 ratio.

Pet foods (and of course household scraps) are hopelessly unbalanced in favor of omega 6. This leads to the same clutch of diseases as in humans – *cardio-vascular, cancer, immune system,*

*diabetes* – even *schizophrenia* and *aggressivity*.

Moral? Feed your dog with fresh foods consisting of meat and the occasional fresh vegetable hash. *Cereals* and *dairy* are just as bad for dogs as they are for humans – read the labels. Consider using flax oil as a supplement.

#### Women's Health

##### Calcifying Arteries

Researchers find that women cannot afford to wait until middle age to begin a healthy lifestyle. They need to control poor diet, lack of exercise, obesity and high blood pressure while they are still young.

By middle age, the damage from an unhealthy lifestyle is already done. Their arteries are already furred up with calcium deposits.

*Dr Kuller, American Heart Association Meeting, Nov 13, 2000*

#### Cassandra:

This is yet another time bomb that is awaiting future generations.

### Hints & Tips

#### Know Thyself

##### In Temptation's Way

Analyze your weaknesses. Recognize them for what they are. Develop strategies for avoiding situations where you will be tempted. Clear out all bad foods from your home and your workspace. Avoid people who lead you astray.

#### Negotiate

How do you persuade other members of your family to conform? Try negotiation.

Your kid wants to dye his hair green? Say these words, "If you agree to eat green foods like broccoli

and spinach every day, then I will agree to you dying your hair green."

Your husband wants to bring his friends in to watch the playoffs with some six-packs? Say these words, "If you agree to go for a 2 mile walk every day for a week then I will agree to you bringing in your friends to watch the play-offs".

Note the language. Say, "If you do this...., then I will do that..."

### From Page One

#### Standards Rise (cont.)

##### Organic Food

The food producers and their protector, the Federal Government, fought bitterly to water down these proposals.

It is a tribute to the consumer protection groups that they stood their ground and that they have preserved a good standard for the term 'organic'.

These organic standards are now on a par with those in other advanced countries like Germany, France and Britain.

#### Standards Fall (cont.)

##### Bad Eggs

Squashed into unsanitary cages, fed garbage, sprayed with pesticide and pumped full of antibiotics, the poor hens are a powerful reminder of the price we pay for 'cheap' food.

Healthy Natural Eaters use raw eggs from time to time in the recipes. Always go for

the free range, organic (and omega 3 rich) variety. They will be the least contaminated.

See 'Raw Egg Safety' in the June 2000 newsletter.

#### Rule of Thumb:

Organic, Free-range Eggs are the Least Contaminated.

#### Anthropology (cont.)

##### Getting His Goat

Preliminary scientific tests established that Oetzi was in his mid-forties, was 5ft 5in tall, and weighed about six stone.

They also showed that he was arthritic, whipworm-infested and had been seriously ill three times in the last several months of his life.

Oetzi belonged to an agricultural community. His colon contained bran of the primitive wheat Einkorn.

#### Comment:

Arthritis, whipworm, serious sickness... Oetzi was not a healthy specimen – and that was the fate of most humans who took up farming.

He was slim though – a BMI of only 14. This would be classed today, in orthodox circles, as very underweight. But research with Bushmen and Aborigines suggests that this is close to the optimum BMI for human beings.

Oh, and by the way, wild goat meat in moderation is fine for humans, even today.

#### Upcoming Events

(Contact us for further details, toll free 1-888-240-3493)

#### Book Signings:

**NEW DATE! Saturday Feb. 17<sup>th</sup>**, 1:00 to 3:00 pm. at **Super-Crown**, 333, S. Palm Cyn, Palm Springs. 1-760-325-1265.

#### Natural Eating Talks:

**Wednesday, February 7<sup>th</sup>** 10:00 – 12.00. **JFK Medical Center**, 41120, Suite 105, Washington St., Bermuda Dunes (Palm Springs Area). 1-800 491 4990.

**Thursday, March 1<sup>st</sup>**, 5:00 – 7.00 pm. **Desert Hospital**, Stergios Building, 1150 N. Indian Cyn, Palm Springs. 1-800 491 4990

#### Radio Talk Shows:

*These were known at the time of going to press:*

**Wednesday Jan. 17<sup>th</sup>**, and **Thursday Jan 18<sup>th</sup>**, Frank Lespina Show, Las Vegas. Station KNUU, 6.00 – 7.00 pm.

**Tuesday Jan. 23<sup>rd</sup>**, "V.J.'s Corner" at 10:15 am Station KWCY, 98.5FM, 1340AM, Palm Springs.

Price List and Order Form		qty	US\$	GB£	Amount
<b>The Natural Eating Book:</b> The "Bible" for the Natural Eating Practitioner. "A remarkable Treatise" <i>Dr Christopher Brown, Sheridan Research Institute.</i> S&H			<b>19.95</b>	14.95	
			4.50	3.50	
<b>The Guide:</b> The easy introduction to Natural Eating. In 32 colorful pages it contains, in simple language, the distilled essence of the principles and practice. S&H			9.95	5.95	
			2.75	1.95	
<b>The Natural Eating Manual:</b> The essential handmaiden for the serious practitioner. Shopping Lists, Daily Eating Patterns, Teach Yourself and much more! S&H			19.95	14.95	
			5.50	5.95	
<b>Membership:</b> Be a web member and have access to the member's area for one year. Download the latest newsletters; have your questions answered.			18.00	14.00	
<b>The Natural Eating Newsletter.</b> <b>12 month subscription (12 issues):</b>	<b>Mail</b>		59.00	48.00	
	<b>Web Download</b>		18.00	see 'Membership'	
<b>The Yearbook 2000:</b> A treasure trove of coll Questions, News Views, Hints and Tips, Dining				14.95	
				3.50	
<b>The 1<sup>st</sup> Big Cook Book:</b> The essential comple Eating Way. Over 80 delicious and tasty, confor				14.95	
				4.95	
<b>GIFT BUNDLE. A VALUE OF \$102.8</b> <b>System:</b> Book, Guide, Manual , One-year Web M Cookbook.				59.95	
				8.95	
<b>Total</b> (S&H is charged at mailing cost plus 10% for multiple orders) Shipping is by first class US Priority mail. Ask about prices for express delivery					

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