

**NATURAL EATING NATURAL EATING NATURAL EATING**



## Members' Newsletter

**Stop Press:** German NE Book. **Anthropology:** Mealy bugs. **Darwin Label:** Taco Bell's Nachos. **Month's Q:** Canola Safety. **Food/Disease:** Breast Milk/Blood Pressure. **Simple Recipe:** Stuffed Mushrooms. **Event Report:** Desert Hospital. **Q & A:** Maltitol Chocolate, Omega Egg Lore, Unwanted Calcium. **Common Questions:** Pesticides, Raw Salads. **Strategies:** Lead by Example. **Hints and Tips:** Osmosis. **Debate:** Hunting Genes. **Children's Food:** Nutritional Disasters, Nestlé's Junk. **Voice of Kaa:** Nutribread. **GMO Update.** EU nixes Antibiotic Plants. **Supplement Sense:** Amino Acids.

### Stop Press

**Natural Eating goes German!**  
The Munich publisher Beust Verlag, has won the contest to bring the book to German speakers everywhere. Translation is well underway, and the book will be available in the summer.

### Nutritional Anthropology

#### Beetlemania

**Worms, Ants, Caterpillars, Larvae, Beetles, Bees and Wasps, Weevils.**

You won't believe it – but *even today* all these creatures *still* form the main protein intake of the Amazon basin Indians.

But it has taken recent research<sup>1</sup> to find this out. Paoletti and his colleagues have established detailed consumption patterns for what he quaintly calls 'mini-livestock'.

The dreaded Yanomamo warriors are, in reality, eating 43 species of bee and wasp, 25 species of caterpillar and five species of beetle!

The Ye'kanua eat four species of earthworm – two of which are over 5 feet long!

**Continued: Page 5.**

<sup>1</sup> Paoletti et al; Proc R Soc Lond. B (2000) 267, 2247-2252

### Darwin Label Bad Food of the Month

#### Taco Bell Death Knell

Taco Bell has found an amazing number of ways to repackage refried beans, ground meat, spices, lettuce, tomatoes and cheese.

Just look at the deadliest, The Mucho Grande Nachos:

- Serving size: **18-ounce**
- Calories: **1,320**
- Fat: **82g**  
(126% of Daily maximum!)
- Sat. Fat: **25g**  
(123% of Daily maximum!),
- Salt: **8grams**  
(111% of Daily maximum!)
- Cholesterol: 75mg
- Carbohyd.: 116 g
- Protein: 31 g.

**Continued: page 5**

### Food/Disease Links

**Breast milk lowers blood pressure: study<sup>2</sup>**

Teenagers who had been fed breast milk as babies had blood pressure readings about 4mm lower than the teenagers fed on formula milk.

**Continued: Page 5**

<sup>2</sup> Lucas; The Lancet; Feb 9, 2001

### Question of the Month

#### Canola Alarmist

**Q.** *Is there any truth in the scare story I heard on the Internet about Canola oil?*

**A.** No! The rumor is certainly to do with a half-truth. Canola oil comes from a variety of rapeseed. Rapeseed got a bad name, probably unjustly, because its oil used to contain erucic acid. This is a mono-unsaturated fat which was thought to be toxic. This has never been proved. Indeed, studies<sup>3</sup> on populations in China showed no ill effects.

However Canola oil has been specially hybridized to eliminate erucic acid.

*Canola oil is non-toxic and has a good essential fatty acid profile. Use it in preference to any other kind of oil*

**Moral?** You have to sort through a lot of Internet garbage to find the gems.

<sup>3</sup> Fatty Acid Composition of Blood Lipids in Chinese Children Consuming High Erucic Acid Rapeseed Oil; Laryea, Jiang, Xu, Lombeck; ann Nutr Metab.; 1992; 36; 273

### Simple Recipe

*Eating healthily need not be complicated....*

### Stuffed Portabella Mushrooms

Serves 2 - 3



#### Ingredients:

- 6 Portabella mushrooms (approx. 6 oz, 170 g)
  - 5 oz (145 g) white onion, chopped, fresh or frozen
  - 1 can (approx. 14 oz, 400 g) tomatoes, peeled and chopped
  - 10 oz (280 g) spinach, frozen
  - 2 cloves garlic, crushed
  - 1 tablesp. (15 ml) olive oil
  - 1 teasp. Herbs de Provence
  - salt, pepper
- optional** (loses two hearts):
- 4 - 5 oz (115-145 g) Mozzarella cheese, cut in thin slices

#### Method:

- In a frying pan, heat the oil, sauté the onions until soft.
- Mix in the garlic.
- Drain  $\frac{1}{2}$  the juice from the tomatoes and add them to the pan.
- Add the herbs and seasoning.
- Simmer uncovered for 10 minutes
- Meanwhile microwave spinach according to instructions.
- Remove mushroom stems and chop into the pan.
- Drain excess liquid from spinach and add to the pan, stirring well.
- Pour half this sauce into a baking dish
- Distribute mushrooms upside down and fill with the rest of the sauce.
- Cover with foil and bake in a hot oven at 350°F for 20 min. approx.

#### Optional (a two heart loser):

- Cover with the cheese slices and melt under the grill for two min.

### Event Report

#### Desert Hospital

On March 1<sup>st</sup>, Geoff Bond gave a talk to a jam-packed audience at Desert Hospital, the premier medical center of Palm Springs.

The event was altruistically put on as a community service by the hospital. We say "altruistic" because if the audience practices just 10% of what Geoff Bond has to say, the hospital would see a drastic reduction in admissions!

### Questions

#### Maltitol Chocolate

**Q.** *I have found a chocolate that claims to be non-glycemic. It contains "maltitol". What is it?*

**A.** For many years there have been chocolate products produced for diabetics that are non-glycemic. They frequently use sweeteners known as "sugar alcohols" (they are not alcoholic!). Maltitol is one example. Sorbitol is another.

These are compounds that are reasonably safe in moderate quantities. Even so they are empty calories (just like sugar) and, if you eat too much, they give rise to digestive disturbances. There are probably as-yet-undiscovered other biochemical drawbacks too.

(See newsletter Jan 2000)

Bottom Line? This chocolate *in moderate quantities* is safe.

#### Omega Egg Lore

**Q.** *I buy organic eggs. Does this mean that they will automatically be rich in Omega 3 oils?*

**A.** No! There are three qualities to look out for in eggs:

- Omega 3 rich
- Organic
- Free range

They are listed in priority order. It is quite possible for one or two of these qualities to be present without the other(s).

The "free range" option is an ethical question rather than nutritional. We happen to think that the despicable way that battery hens are treated deserves a 100% boycott.

So go for eggs that have *all three* characteristics. In California, for example, there are Gold Circle Eggs.

(<http://www.goldcirclefarms.com/>)

In UK, an example is Columbus free-range, omega 3 rich eggs from Dean's Farms.

#### Unwanted Calcium

**Q.** *Do you have any knowledge about why I have calcium deposits in both shoulders and now in my right hip? I have had shoulder surgery and don't want that answer ever again.*

**A.** This touches on one of our hobbyhorses – the great myths that surround calcium metabolism.

Our bodies have very complex systems of signals and agents that control that calcium goes where it is supposed to go – and doesn't end up in places where it shouldn't.

*What and how we eat is at the center of this process.*

Check out the section on osteoporosis in the book (page 145). What works for osteoporosis works for calcium dysfunction generally. Dys-

function is induced, for example, by:

- Low fruit and vegetable intake.
- Abnormal insulin levels (bad carbohydrates)
- Unbalanced essential fatty acids (too much omega 6 and saturated fat)
- And a host of other dietary errors.

In fact, there is such a myriad of factors involved that there is only one answer – eat in harmony with our naturally adapted programming – Natural Eating!

Finally, don't forget to exercise. Get all this right and you will not be visiting the surgeon again.

### Common Questions

*Many questions come up over and over again. Here is a succinct summary of some of the ones that have featured in earlier newsletters (referred to in brackets).*

#### Pesticides

**Q.** *Should I worry about eating fruit and vegetables because of pesticides?*

**A.** No! Remember that 99% of produce has no measurable quantity of pesticide anyway.

Bottom Line? The benefits of eating produce far outweigh any possible drawbacks.  
(July 1999)

#### Raw Salads

**Q.** *I have always been told that salads are difficult to digest, so consumption should be kept modest. Do you agree?*

**A.** No we don't! This is a hoary old myth that we dispel at every opportunity. Humans are made to eat large quantities of raw vegetation every day.

Of course, it is probable that, after a lifetime of dietary abuse, many people have difficulty moving over to a higher consumption of raw foods. Just take it steadily and build up at a pace that your digestive system can adapt to.

It is important – for good intestinal health, for the micronutrients and for the soluble fiber.

(October 2000)

### Strategies

#### Lead By Example

Don't be afraid to stand out from the crowd. Just get on and do what you know is right. You don't have to push it down the throats of your entourage.

You will be surprised to find how, after a little while, others will follow your example simply out of the momentum you are generating.

*"Conformists adapt themselves to the world; non-conformists make the world adapt to them. Therefore all progress depends on non-conformists".* (George Bernard Shaw).

### Hints & Tips

#### Osmosis

Some of you might remember, from your science classes, mention of 'osmotic pressure'.

This is the phenomenon that causes your skin to wrinkle up in the bath.

Your body fluids, full of salts, are separated from the bathwater by a semi-permeable membrane – your skin.

Over a period of time, the osmotic pressure difference

forces water through the skin into the underlying tissues.

Fish have developed special mechanisms for keeping their body fluids from being diluted by the water in which they swim.

Use this knowledge when you are boiling food! For example, beans will cook more slowly if they are boiled in a sauce rather than plain water.

Salted water is a little more complicated. It reduces the osmotic pressure but raises the boiling temperature. Often the two effects cancel each other out. It all depends on just what you are cooking.

Watch out for these effects and adjust your cooking techniques accordingly.

### Debate

*There is an ongoing technical debate between Geoff Bond and Prof. Todd Moody of St Joseph's University, Philadelphia. Here is a recent exchange:*

#### Hunting Genes

**Prof. Todd:** *In your book you say that humans don't have the bodily make-up to be natural hunters. (No fangs, claws etc..) Surely, cultural factors, such as the invention of the bow and arrow can compensate for that, and humans could have become adapted to meat eating on a big scale?*

**Geoff Bond:** You rightly point out that cultural adaptations can substitute for physical adaptations. So it would appear that tropical humans got smart at surviving ever more hostile conditions by using technological (in the widest sense) stratagems. They thus defeated

any physiological selection pressure.

One clear example is the use of clothing. Eskimos by this means have retained a tropical physiology in the severest cold climate. No doubt you can think of many more examples where Natural Selection is defeated.

However the bow and arrow was not invented until about 40,000 years ago – not a lot of time for natural selection to operate.

Furthermore, everything we know about human biochemistry, everything we know about our digestive system and everything we know about what makes us sick tells us that we are not well adapted to a high meat diet.

I made it clear in the book that I am not saying humans are natural vegetarians -- we are not. It is more a question of understanding the role that 'animal matter' played, not forgetting too, that its nutritional profile was quite different to most of what we call meat today.

#### Future Debating Points:

- Hominid shoulder joints.
- Fat content of 'variety' meats in wild game.
- Proportion of meat in the Hunter/gatherer diet.
- The Bellevue Meat-eating experiment and blood acidity
- Life expectancy of Inuit.
- Heart disease and saturated fat.
- Canola oil as a bulk vegetable oil.
- High protein intake and kidney disease.

### Children's food

#### Ten junk products for every healthy one

So says a survey from the UK's Food Commission. For every healthy product targeted specifically at children, there are more than ten products that are 'nutritional disasters', with high levels of saturated fat, sugar or salt.

Even when all confectionery, soft drinks and crisps are excluded, the survey of leading retailers found 358 different products with cartoon characters, puzzles, gifts and other child-attracting devices.

A third of these products were so poorly labelled that no nutrition assessment could be made. Of the rest, only 7% had low levels of saturated fat, sugar and salt while 77% had high levels.

Among the products which were surprisingly poor were:

- Crazy Creatures (Yeo Valley) yogurt - 25% sugar.
- Safeway dried banana chips - 30% fat.
- Rivington's Pink Panther wafers - 27% saturated fat.

"If manufacturers were trying to undermine children's health, they could hardly be more effective," said the report's co-author, Dr Tim Lobstein. "There is a huge opportunity to promote healthy foods to children using all the marketing tricks of the trade - but instead we are seeing unhealthy ones being promoted, at a ratio of more than ten to one."

#### Nestlé abandons baby biscuits

Following the Food Commission's criticism of Nestlé's over-sweet baby biscuits, the company has

announced that it is to withdraw its Junior range of baby foods.

The survey showed Nestlé's Banana and Apple Fruit Stick to contain 50% sugar with Nestle Milk & Honey Biscuits also coming under attack for its hefty 22% sugar content.

Health campaigners have also welcomed the recent withdrawal of Nestlé's Sesame Sticks - bread sticks with sesame seeds, marketed as suitable for young children.

David Reading, Director of the Anaphylaxis Campaign, said: "Nestle is well aware that sesame is regarded as a serious major allergen.... It is incomprehensible that Nestle should have deliberately introduced a food like this into the baby sector."

### The Voice of Kaa

#### "Trust in Meee..." How they deceive us.

*Press releases can make health claims that would not be allowed in advertising. They are taken up by journalists and uncritically used in news stories.*

For example: **Nutribread**. The press release claims that the bread contains Omega-3 fatty acids, 'the only fats that the body cannot produce itself and must therefore be obtained from food'.

The press release cannot be legally challenged, even though other essential fats, as well as Omega-3, must also be obtained from food.

**Moral:** *don't believe everything you read in the papers.*

### GMO Update

#### Europe Rejects Antibiotic Plants

The new EU rules include stricter labeling and monitoring of genetically altered foods.

The rules include phasing out, over eight years, the implanting of antibiotics in plant genes.

#### Comment:

So they were implanting antibiotic genes in plants! How irresponsible can the biotechnologists get?

Already many diseases have become resistant to antibiotics. And all due to the short-term profit-seeking and improvident abuse of these wonder-drugs.

The EU has grasped this nettle and brought the biotech firms to heel. When will the USA do the same?

### Supplement Sense

#### Amino Acids

Over-the-counter amino acids have become a popular 'ergogenic' supplement sold in health food stores. They are claimed to build muscle, accelerate the rate of recovery after exercise and improve endurance.

However research studies have not demonstrated any benefits. Amino acids are ineffective, and their long-term health effects are unknown.

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

### From Front Page

#### Food/Disease Links

#### Breast Milk/Blood Pressure (cont.)

"These few millimeters may look small, but it's a large effect. A drop of just 2 mm and:

- high blood pressure drops by 17%,
- heart disease falls by 6%
- stroke and heart attacks drop by 15%,"

says study director Dr Lucas.

#### Comment:

Breast milk is full of special nutrients, hormones, enzymes, growth factors and antibodies. How could anyone imagine that formula can be an adequate substitute?

#### Nutritional Anthropology

#### Beetlemania

#### (cont.)

Paoletti observes that "consumption of earthworms cannot be attributed to a lack of other animal protein sources. There is no shortage of fish or game in their territory".

Rather, in accordance with optimum foraging theory, the Ye'kanua gather *what is easiest* to gather. It is too much like hard work chasing after game and fish! So it was for our Pleistocene ancestors too.

#### Darwin Label

#### For Whom the Taco Bell Tolls

#### (Cont.)

There you have it in one easy 18-oz package. A fatty, artery-clogged, cancer induced, allergy provoked, early death.

You can check out other Taco horror stories on their website: <http://www.tacobell.com/>.

### Upcoming Events

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

Visit us on the Web!

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

#### Radio Talk Shows (USA):

*They often come up at short notice. These were known at the time of writing:*

**Thurs. April 19 at 9:00 a.m.** "Public Pulse". Station KROE, 930 AM. Sheridan, WY.

#### Seminars (USA):

**Thurs. April 19.**

7:30pm to 9:00pm

"Nutritional Anthropology"

Holiday Inn, Sheridan, WY.

Entry: *Free. A community service of the Sheridan*

*Research Institute.* Information

and Reservations: 307 673 5998.

**Thurs. April 12<sup>th</sup>.**

7:00 to 9:00pm

"Nutritional Anthropology"

Thousand Trails Clubhouse, 77-

500 Varner Rd. Palm Desert

Entry: *Free. A community*

*service of Desert Hospital.*

Information and Reservations:

1-888-240-3493

#### Seminars (UK):

**Friday, March 30<sup>th</sup>**

7:00 – 9:00 pm

"Nutritional Anthropology"

St Michael's Church Hall,

The Marld, Ashtead, Surrey.

Entry: £5.00

Information and Reservations:

01372 279 617

#### Book Signings: (USA)

**Friday April 20<sup>th</sup>.**

1:00 to 4:00pm

**Sheridan Stationers,**

206, N. Main St. Sheridan. WY

Information: 307 674 8456.

Resources	qty	US\$	Amount
<b>The Book:</b> The 'Bible' to Natural Eating		<b>19.95</b>	
<b>The Introductory Guide:</b> The colorful quick overview		<b>9.95</b>	
<b>The Manual:</b> The indispensable guide for the serious practitioner		<b>19.95</b>	
<b>Web Membership:</b> access to the member's area for one year. Download the latest newsletters; have your questions answered (S&H not required)		<b>18.00</b>	
<b>The Newsletter:</b> 12 monthly issues: <b>Mail</b> (S& H included)		<b>59.00</b>	
<b>Web Download:</b>			See 'membership'
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<b>Pocket Cook Book:</b> 25 conforming recipes (Last few remaining!)		<b>9.95</b>	
<b>The 1<sup>st</sup> Big Cook Book:</b> Over 80 delicious conforming recipes		<b>19.95</b>	
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**US:** Natural Eating LLC, PMB 171, 420, N. Nellis Blvd. #A3, Las Vegas, NV 89110, USA. Toll-Free: 1-888-240-3493; Fax: 702 438 2157

**UK:** Natural Eating Ltd, 7, Maxwellton Close, London NW7 3NA. Tel: 0208 959 7549; Fax: 0208 959 2110

Signed: .....Date .....