

NATURAL EATING NATURAL EATING NATURAL EATING**Members' Newsletter**

Stop Press: French NE. **News Flash:** Harmful Bone Supplement; Ozzie Ant Dinner; Rickets Returns. **Virtue Label:** Manitoba Harvest Hempseed. **Q of Month:** Fruit Sugar Smart. **Food/Disease:** Bad Carbs./Pancreatic Cancer. **Recipe:** Fennel in Cumin. **Q&A:** Salt Swindle; Clean Water; Squash; Egyptian Grains. **Debate:** Extreme Meat Eaters Health. **Hints:** Chinese Food. **News Flash:** Smoker's Collagen Gene. **Biotech Update:** FrankenSpuds. **Get Them Young:** Sainsbury's Junk Kids' Lunch. **Events**

Stop Press**'Manger – Naturellement'!**

The contract was recently signed with the major French publisher Eyrolles to publish the Natural Eating book in French.

Translation is well underway and publication is expected in September.

Geoff Bond will be on a speaking tour in France during that time to promote the book.

News Flashes**Harmful Bone Supplement**

Ipriflavone, an estrogen-like substance found in plants such as soy, has been found¹ to be worthless as an osteoporosis supplement. Worse, it suppresses disease-fighting white blood cells called lymphocytes.

Continued page 5

Ozzie Ant Delight

Last month we reported on the insect eating habits of the Amazon Indians. But there is no need to go so exotic. Believe it or not, Pantacchini's Gourmet Foods' latest dish, green-ant cured salmon, is popular in Australia.

Continued page 5

Virtue Label**Hemp High****MANITOBA HARVEST**

HEMPSEED
NUT BUTTER

Ingredients

Shelled hempseed.

No additives or preservatives. Not Genetically Modified. Grown without pesticides and herbicides.

Nutrition Facts

Serving Size	30g
Calories:	160
Calories from fat	90
Total fat	10g
Saturated fat	0.5g
Omega 3 oils	2.1g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrates	7g
Dietary fiber	1g
Sugars	1g
Protein	11g

Comment: see page 4

News Flash**Rickets Returns**

Childhood rickets, the bone softening disease, is making a comeback. It is caused by a deficiency of vitamin D (which is obtained from sunlight).

A study² blames parents who, anxious about skin cancer and security, keep their children indoors far too much.

Continued page 5

Question of the Month**Fruit Sugar Smart**

Q. How do fruits fit into the idea of a low glycemic diet? I have been told that fruits raise blood sugar and are fattening.

A. There are many misconceptions and half-truths surrounding the role of fruits in weight control. This is because the reality is not straightforward. Not all fruits are equal in many important respects.

The fruits to which our ancestors were adapted in the African savannah were very different to the cultivated ones we eat today. They were more fibrous, less sweet and not Technicolor in appearance³.

Continued on page 4

Food/Disease Link**High Blood Sugar drives Pancreatic Cancer**

The higher the blood sugar level, the greater is the risk of pancreatic cancer. Researchers⁴ also found that the risk increased with obesity.

Continued page 5

¹ JAMA; March 21 2001

² Pediatrics; April 2001

³ Nutrition; vol 15; No 6, 1999

⁴ JAMA; May 17 2000

Simple Recipe

This month we introduce a simple recipe that is being developed for the 2nd Big Cook Book to be published later this year. Give us your feedback!

Fennel Sautéed in Cumin

serves 2



Ingredients:

- 2 large fennel bulbs
- 1 tablesp. (15ml) lemon juice
- 1 tablesp. (15 ml) olive oil
- 1 teasp. cumin seeds
- 1 tablesp.(15 ml) lime juice
- salt, pepper

Method:

Clean the fennel bulbs, remove the stalks and the stringy parts (as with celery).

Cut each bulb in half. Cut each half in three.

Place the fennel in a bowl. Cover with water. Add the lemon juice.

Prior to cooking, drain the fennel in a colander.

Dry each fennel piece with kitchen paper.

Heat the oil in a frying pan and sauté the fennel rapidly from both sides, stirring frequently, for about 5 minutes.

Salt and pepper to taste. Mix in the cumin seeds.

Cover and simmer for 2-3 minutes, or until the fennel is done, but still crunchy.

Prior to serving, mix in the lime juice.

Comment:

Fennel is often thought of as just a flavoring for other dishes. Here you find that it makes a fine dish in its own right.

Questions

Salt Swindle

Q. *I bought a can of mackerel because it seemed to have a reasonably low sodium content – 150mg per serving. Later I notice that the serving size is defined as just 50g! Surely this is deceitful? Who eats just 50g (1½ oz)?*

A. Buyer beware! We often use the metaphor of the “supermarket jungle”. It is just as hostile, in its own sneaky way, as the jungles of our ancestral African homeland.

At least the foods do have labels – but you must be savvy enough to interpret what they say. Good for you. You worked it out, even if a little late.

The food producers aren’t interested in being explicit about their ingredients. As a shopper you are in an adversarial stance with them. Learn to fight them at their own game.

In any event, we always advise going for canned fish that says *explicitly* that there is “no salt added”. It does exist but you have to ‘forage’ for it! Note that ‘low sodium’ probably means that they’ve added less salt than usual. It is not salt free.

Clean Water

Q. *Why do they use a dangerous compound like chlorine to sterilize tap water? Why don’t they use ozone? Should we be buying bottled water?*

A. Let’s get things in perspective. Clean, sterile water is one of the greatest health boons of modern times.

In the great but fetid cities of Victorian Europe and America, chol-

era, typhoid and dysentery were the prime cause of death.

With the introduction of piped chlorinated water, death from these diseases plummeted to zero. It was the greatest improvement in public health ever seen before or since.

Is chlorine the best disinfectant? Some mobile water purification plants do use ozone instead. But ozone too is an aggressive poisonous gas – it wouldn’t work otherwise!

There is no easy substitute for the waterholes of the African savannah. But they too carry their cargo of death and disease – nasty internal parasites and pathogenic bacteria.

All in all, tap water is an excellent compromise. In the great scheme of things, there are more important feeding matters to worry about.

Squash

Q. *What is ‘vegetable marrow’?*

A. This is British English for what a zucchini (courgette) would become if were allowed to grow to full size. It looks like an elongated watermelon and is usually called ‘summer squash’ in America.

Against the Grain

Q. *I don’t see what is so wrong with grains – they were the staple of the ancient Egyptians.*

A. Yes – and they suffered from it! Dental cavities, gum disease, arthritis and diabetes all became prevalent during that period.

Grains were a phenomenon of the agricultural revolution, were a novelty in the diet and turn out to be a double-edged sword for hu-

manity. The Egyptians of 5,000 years ago were among the first to experience it.

We need to go back well before agricultural times, over 50,000 years ago, to understand the foods that are right for the human species.

Debate

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

Extreme Meat Eating

T.M. *I would be interested to know your source for the claim that the Inuit [Eskimo] had an average life expectancy of 50 years, and the claim about "premature aging." I ask this because there are other groups that eat almost all-meat diets, such as the African Masai and Samburu, who do not seem to have these problems. They don't have heart disease either, despite not having access to large amounts of marine fats.*

G.B. There are many reports of the state of health of Eskimos both in Alaska and Canada before acculturation. They all point to the same thing – a short life^{5,6}. It would be surprising if it were otherwise – Eskimos would have suspended the laws of biochemistry.

As for the Masai and other pastoralists (herders), they do eat a relatively high meat diet – and, contrary to your assumption, they suffer from it. They develop

⁵ *The Health and Nutritional Status of Alaskan Eskimos; Mann et al; AJCN; vol 11; July 1962.*

⁶ *Diet of Canadian Indians and Eskimos; Sinclair; Unusual Foods for Human Consumption; Symposium Proceedings; vol 12;69-82;1953*

atherosclerosis and a thickened artery wall⁷.

However, their highly active lifestyle spares them the worst of the consequences.

But as you say elsewhere, the far greater scourge for the Masai (as for us all) is the recent massive arrival of bad carbohydrates into the diet – that we can agree upon!

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.
- Heart disease/saturated fat.
- Canola as a bulk vegetable oil.
- High protein intake and kidney disease.

Hints & Tips

Bull in China Shop

Don't be taken in by the healthy reputation of Chinese food. It is – but only in China!

By the time it has made the transition to the West, it has become a parody of the Chinese peasant's diet. His contains no meat, dairy, oil or fat.

The average Western Chinese restaurant dinner contains more than a *day's* worth of sodium, cholesterol, fat and saturated fat.

The Chinese peasant's dinner contains, yes, plain boiled rice, closely followed by bean shoots, vegetables, fruits, nuts and seeds.

That's a far cry from your local takeaway's breaded, sauce-soaked, deep-fried sweet and

⁷ *Atherosclerosis; Suckling; Encyclopedia of Human Biology; 1991; Academic Press, Inc.*

sour pork balls (71g fat) with fried rice (50g fat)

How is the Natural Eater to eat safely in a Chinese restaurant? It is more an exercise in damage limitation. There is no ideal way to eat healthily let alone Naturally in a Chinese restaurant so everything is going to be a lapse.

Go for dishes rich in vegetables. Avoid 'deep-fried', 'crispy', 'sweet and sour'. Go easy on the soy sauce. Even the rice, provided it is steamed, is no worse a lapse.

Order *fewer dishes* than the number of people at the table. Eat 'communally'. In other words, dine family style and eat a little bit of this and a little bit of that.

Remember, it will be easier on your waistline and your wallet to eat abstemiously in a Chinese restaurant.

Avoid overeating!

More News Flashes

Why Smokers Look Older

According to a study reported in the *Lancet*⁸, smoking switches on a gene that destroys collagen. Collagen is the substance that gives skin its elasticity.

The researchers also discovered that sunbathing made the gene much more active in smokers, multiplying up the wrinkle potential.

Smoking also triggers oxygen damage to skin cells and messes up the blood flow to the skin.

⁸ *The Lancet; March 23 2001*

Micronutrients: Revised Dietary Intakes

The American and Canadian authorities⁹ are changing the way micronutrient intake is expressed.

The old 'Recommended Dietary Allowance' (RDA) is replaced by 'Dietary Reference Intakes'.

In addition they have:

- revised some established recommendations for vitamin A and iron.
- made recommendations for new micronutrients (copper and molybdenum).
- made recommendations for *maximum* levels of some micronutrients (vitamin A, vitamin K, arsenic, boron, chromium, copper, iodine, iron, manganese, molybdenum, nickel, vanadium and zinc). These upper levels are baptized 'Tolerable Upper Intake Levels'.

Is any of this important? Not really. The scientists are laboriously zigzagging their way to the objectives already arrived at by the Natural Eater. Just eat in accordance with the pattern that is right with the human species, and all these numbers work out just fine.

Biotech Update

Curtains for FrankenSpuds

Monsanto Co. is doing away with its genetically modified potatoes.

"We're putting our focus on wheat, corn, soybeans and cotton", [you've been warned!] said a Monsanto spokesman.

Last year **McDonald's** Corp. told their french-fry suppliers to stop using genetically modified potato

amid opposition to genetically modified crops.

Get them Young

Packed junk for lunch

The big grocery chains roll into action with their usual habit of promoting unhealthy food for kids' packed lunches.

The magazine of UK's Sainsbury, promotes their packed-lunch menu containing processed cheese, chocolate biscuits and chocolate selection packs, flavored soft drinks, and three types of crisps.

Of the 17 products, ten contained very high levels of fat and saturated fat. Other products had very high levels of sugar. All were lamentably deficient in micronutrients.

The guideline for parents? If a product is marketed as suitable for lunch boxes, take a closer look at the label - it's probably sugary, salty and fatty junk.

From page One

Virtue Label

Hemp High

MANITOBA HARVEST

HEMPSEED NUT BUTTER

Comment:

Hemp products are made from the nut (the word 'seed' is a misnomer) of the hemp plant. Their high omega 3 content is of particular interest. Nut-like they also have a high protein content.

This product is laudable. It is just made from the hempseed – nothing else! Non-GM and free of all the usual artificial chemicals. Full marks to the manufacturers for keeping processing to a minimum.

Hemp and marijuana are both derived from the same plant species, *cannabis sativa*. In the 1930's American authorities blindly lumped hemp in with marijuana and banned it.

Hemp actually has no hallucinogenic properties. Enterprising Canadian companies have now found a way to import hemp products to the USA.

Look for the oil and 'butter' products in health food stores¹⁰ and good grocery stores. They are also available in Europe.

More information:

www.freshhempfoods.com

also:

Hemp Food Association:

www.hempfood.com

Question of the Month

Fruit sugar smart

(Continued)

This is an important point: the *sugar profile* was different. The fructose content was high and the sugar content was low. Today most fruits have this ratio *inverted*. Today's fruits tend to be high in glycemic sugar – but not all!

That is why, to survive in today's supermarket jungle, it is important to have a knowledge of the *glycemic indexes* of all the commonly available fruits. For example, apples get their sweetness mostly from fructose and are fine. On the other hand, melons have a high sugar content and should be consumed warily. Information is given in the Natural Eating book and in much more detail in the Manual.

Our ancient ancestors had a high consumption of low glycemic fruits – which is just as important for today's humans! Use the know-how of the Natural Eating method

⁹Institute of Medicine; The National Academy of Sciences; 2000.

www.nap.cdn

¹⁰ e.g. Nature's RX in Palm Springs

to choose the fruits you eat wisely.

News Flashes

Harmful Bone Supplement

(Continued)

Moral? Supplementing is rarely a good answer to real or imagined health problems. Here, it not only wastes your money, it undermines health!

Ozzie Ant Delight

(Continued)

Green ants, harvested from citrus trees in North Queensland, give smoked salmon a crunchy, lime-like flavor when flattened and encrusted on the fish. They are cooked according to health regulation standards and are proving a popular dish.

We relate this as an example: of how many people can eat in ways that are quite unconventional. The Natural Eater is not expected to adopt these habits!

Rickets Returns

(Continued)

Ever since the 1930's, milk and other dairy products have been 'enriched' artificially with vitamin D. In a classic case of flabby, topsy-turvy thinking, the study also criticizes Americans for abandoning dairy in favor of milk substitutes!

Should the Natural Eater worry? Certainly not! The *main* source of vitamin D is always sunlight (remember our tropical origins). It is a ridiculous overreaction to deprive children of the bare minimum of sunshine necessary to build healthy bones. Get them away from the TV sets and computer screens and into the fresh air.

And yes, vitamin D is also found in foods – such as eggs, salmon and sardines.

Should you supplement? Certainly not! Vitamin D is toxic in only

minor overdoses. Excess vitamin D even causes bones to lose calcium!

Food/disease Link

Blood Sugar Pancreatic Cancer

(Continued)

Pancreatic cancer is common amongst diabetics and people with high insulin levels. It is the fifth leading cancer killer. Its incidence is increasing fast. This is not surprising if high insulin levels, driven by high glucose levels, are the cause.

Americans' suicidal gorging on high glycemic 'bad' carbohydrates is a hand-wringing worry to health authorities. It is driving the population into all those diseases so well documented in the Natural Eating Book.

This is another wake-up call to keep all those bad carbohydrates out of the diet.

Elizabeth Horton: **805 646 5573**

Thurs. May 31. 9.30 – 11.00
Mizell Senior Center,
Sunrise Rd, Palm Springs.

Entry: Free, by arrangement.
Information and Reservations:
Jack Newby: **760 323 5689**

Seminars (UK):

Thurs. June 28 10.30 – Noon
University of 3rd Age,
Elliott Hall, Harrow Arts Centre
Uxbridge Rd, Pinner, London

Entry: By arrangement
Information and Reservations:
Peter Sinclair: **020 8868 7417**
e-mail: **peter@sinclair.tc**

Book Signings: (USA)

Fri. April 20, 3.30 – 5.30 pm

Sheridan Stationers,
206, N. Main St. Sheridan. WY
Information: **307 674 8456**

Upcoming Events

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

Visit us on the Web!

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. 7.30 - 9:00pm
Holiday Inn, Sheridan, WY.

Entry: Free. A community service
of the Sheridan Research Institute.
Information and Reservations:
Harold Huber: **307 673 5998.**

Weds. May 24

The Oaks Spa Hotel
Ojai, California

Entry: By Arrangement
Information and Reservations: