

**NATURAL EATING NATURAL EATING NATURAL EATING****Complimentary Copy****Continuous Development Briefing**

**What People Say:** Charles Smith. **Eating Heritage:** Cro-Magnons. **Foods to Die For:** Fettuccini Alfredo. **Recipe:** Onion Curry Sauce. **Questions:** Start-up Troubles, live Oil Fallacy, Cow's Milk and Babies, Bone Building and Loss, Know your Onions. **Opinion:** Choice not 'Balance'. **Reader Debates:** Objectivity of Medical Foundations. **Hints & Tips:** The Popeye Solution, Workplace Anti-diet Environment. **Fixit Syndrome:** Fluoride Fails. **Snake Oil:** Chelation Therapy. **Parents Beware:** Daddies Tomato Ketchup.

**What People Say****From Charles Smith**

chaz\_w3@yahoo.com

"I just want to say how much I enjoyed your book. I totally agree with what you talk about."

"Since being diagnosed with epilepsy 6 years ago I have been searching for a cure to my disorder. I have come to believe the most important thing we can do for our health is to watch what we eat."

"I just can't believe how little the medical community pays attention to our diets. Neither my doctor or neurologist has asked me one question about what I eat. I left a five star review for your book on Amazon and now preach to others to wake up to what we are doing to ourselves."

**Continued and Comment: Page 5**

Send us your comments on Natural Eating!

All feedback helps us to improve and to promote our important message...

**Eating Heritage****Why the Neanderthals Died Out**

We now know that the Neanderthals were not our ancestors. On the contrary, they were a similar species competing with humans in the forests of Western Europe some 25,000 years ago.

The European humans, known as Cro-Magnons, were just one branch that had descended from Pleistocene ancestors in Africa. Their pattern of eating had already diverged strongly from the ideal of their African homeland

By using sophisticated chemical bone analysis, scientists<sup>1</sup> have identified the type of meats that Cro-Magnons and Neanderthals used to eat.

The Neanderthals appear to have been prodigious meat-eaters – and they aimed high – literally. They were hunting Mammoth, Bison, Wild Horse, Reindeer, and Aurochs (wild cattle).

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**Foods to Die For****Fettuccini Alfredo.**

The average Italian restaurant serving of Fettuccini Alfredo contains<sup>2</sup>:

calories: 1,495

fat: 124 g

cholesterol: 433mg

The Center for Science in the Public Interest terms Fettuccini Alfredo, "the worst dish you can buy – but what do you expect from cream, butter and Parmesan cheese?"

One serving contains twice the amount of saturated fat that you should have for the entire day!

**Food/Disease Links****Alzheimer's Disease**

Researchers<sup>3</sup> have found a strong link between Alzheimer's disease and low intakes of certain micronutrients, notably folate and cobalamin.

What do you know? Folate is found principally in *foliage*.

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<sup>1</sup> Proc. Nat. Acad. Sc.; May 2001

<sup>2</sup> www.allrecipes.com

<sup>3</sup> Neurology; May 8 2001

**Recipe**

*This is a simple, tasty vegetable dish that spices up all kinds of meals.*

**Onion Curry Sauce****Ingredients:**

- 5 oz (145 g) brown onion, thinly sliced
- 1½ cups (12 fl. oz, approx. 750 ml) vegetable broth, canned or homemade
- 1 tablesp. (15 ml) olive oil
- 1 teasp. curry powder

**Method:**

Heat the oil in a non-stick saucepan and sauté the onion briefly on medium-high heat. Mix in the curry powder.

When the onion starts to stick, add some vegetable broth and cook covered, on low heat until it is soft, adding more of the vegetable broth if needed.

Add the remaining vegetable broth.

**Comment:**

This sauce can be served with any sautéed fish.

It is also delicious as an accompaniment to cooked lentils and green beans.

Next month we will feature Planked Grilled Salmon, a recipe supplied by reader Don Groneberg.

We invite all our readers to submit their favorite recipes. We test and adapt as necessary.

**Questions****Start-up Troubles**

**Q.** *My parents (in their 40's) have been getting stomach cramps in the upper portion of their stomach, near their ribs. Is this a normal detoxing symptom?*

**A.** By the time the average westerner is into his 40's, the intestines are in a parlous state. They will have lost tone, might have diverticulosis and will have lost the habit of a high soluble fiber diet. It is normal to experience some digestive discomfort as they move over to the Natural Eating pattern of nourishment.

If the cramps are a problem, your parents should just take it a bit more slowly as they build up a higher plant-food intake.

Check "What to Expect" on page 97 of the Natural Eating Book.

**Olive Oil Fallacy**

**Q.** *I talked to a guy at the health food store yesterday who claims that olive oil is full of Essential Fatty Acids. Since I'm a self-proclaimed "evangelist" on your book, I had assumed that olive oil was neutral, neither good nor bad, but just empty calories. Not sure what to believe there.*

**A.** "Oh ye of little faith!" Your assumption is absolutely right – and 'the guy' in the health food store was plain wrong.

Just as a reminder, these are the main components of vegetable oils

- **monounsaturated fat** (MUF) – this is simply neutral empty calories.

- **palmitic acid** (PSF). A saturated fat – the dreaded, artery-stopping sort.

- **linoleic acid** (LNA). The 'essential' omega 6 oil (but grossly over-consumed).

- **alpha-linolenic acid** (ALA) The 'essential' omega 3 oil (but terribly under-consumed).

Compare olive oil to Canola oil:

	Olive	Canola
MUF	75% ☺	59% ☺
LNA	8% ☹	20% ☹
ALA	0.5% ☹	10% ☺
Ratio	16:1 ☹	2:1 ☺
PSF	15% ☹	4% ☺

Already your health food shop guy is way off target if he thinks that olive oil's ALA content of **0.5%** is a great figure for an essential fatty acid content.

But there's worse. Your health food guy certainly knows nothing about the importance of getting the LNA:ALA ratio right at less than 2 to 1. In olive oil, this is hopelessly wrong at a ratio of 16 to 1.

**Bottom line?** Olive oil, compared to Canola oil, has more empty calories, more bad saturated fat and is totally **deficient** in 'essential' alpha-linolenic acid. Worse, its **unbalanced** essential fatty acid ratio is actually a danger to health.

Check 'Fats and Oils' pages 79 to 83 in the Natural Eating Book.

**Moral?** Have the courage of your convictions! Health food stores render a valuable and sterling service. They are often staffed with health enthusiasts – but it doesn't mean to say that they actually know what they are talking about.

### Cow's Milk for Cow's Brains

**Q.** *I read your column last month about breast milk for babies. My baby is now 12 months old and I can't keep up. Is it all right to introduce cow's milk? I understand that toddlers up to 3 years can digest milk properly.*

**A.** No! cow's milk is for baby cows. It is designed to build big bones and small brains! Just the opposite of what we want for our children.

Cow's milk contains all sorts of micronutrients, enzymes, and disease antibodies that are right for cows but wrong, even harmful, for humans.

Human babies/toddlers require *human* milk. So what happens if you haven't got enough? The next best thing is a good quality formula milk. The makers of these formulas try very hard to replicate the good qualities of human milk.

But anyway, your baby is already 12 months old. By now you are introducing blended solids. He probably does not need any extra milk, just sterile water.

As you wean from the breast, move over to a good quality formula milk. But taper that off too as your baby moves entirely onto solids and water.

### Bone Building and Bone Loss in Old Age

**Q.** *I am confused. On the one hand you say that we start to run down our bone 'capital' after our mid thirties. On the other hand you say that our bones are constantly being destroyed and rebuilt throughout our lives. Explain please.*

**A.** Yes, both statements are true! Quite simply that, with advancing years, our bone building cells lose pace relative to the bone destroying cells.

However the good news is that this effect can be greatly reduced if not entirely eliminated, simply by eating right. It is all back to the way poor eating habits disrupt healthy hormonal function. Check out pages 145 – 150 in the Natural Eating Book.

**Moral?** Eat Naturally and your bones will last a lifetime.

### Know your Onions

**Q.** *What is the difference between sweet onions and regular onions?*

**A.** The act of cutting a regular onion launches a cascade of chemical reactions. These release sulfur chemicals that, in a flash, give rise to lachrymators – those tear engendering fumes. The same sulfur chemicals give that characteristic onion flavor, particularly when cooked.

Sweet onions are a recent hybrid. They don't have those sulfur chemicals or lachrymators. They are certainly easier to chop and eat raw.

However, because they lack these flavor-giving chemicals, cooked sweet onions don't have the classic cooked onion flavor.

### Opinion

#### Choice, not Balance

There is one feel-good phrase intoned by nutritionists that is guaranteed to make me squirm: "eat a well-balanced diet".

What is this supposed to mean? That we are supposed to 'balance' the consumption of a pizza with that of an apple?

Or of a tumbler of whiskey with a glass of wine?

To the average person, not only is this phrase incomprehensible, it can be made to mean whatever the nutritionist wants it to mean.

Often, of course, the nutritionist means eat variously from the food groups of meat, fish, dairy, fats, grains, legumes, fruit and vegetables. (Oh, and keep down the sugar and saturated fats)

As we know this is a nonsense. We know that we have to make choices.

There are whole swathes of our food supply that should never be consumed, however they are 'balanced'. We have to reject.

**Choose and reject** wisely– in accordance with the Natural Eating Precepts.

### Reader Debates

*Many of our followers write to us with their observations.*

#### Objectivity of Medical Foundations

**Reader:** *Who do we then turn to for trustworthy advice? What about the Foundations that are dedicated to helping us? Why does the Epilepsy Foundation take donations from Monsanto which makes Nutrasweet?*

**GVB:** There are just a few independent scientists like myself who speak out. But our voices are easily drowned by the tidal wave of misinformation, hypocrisy and humbug poured out by the 'health industry'.

As you rightly say, the situation is far worse than most people realize. Even the Foundations that are supposed to be helping us have absolutely no interest in the truth. They are

deeply indebted to deep-pocketed vested interests.

This goes for the American Heart Association, the American Cancer Association, the American Diabetes Association and many, many more.

There was even a disreputable time in the 1960's and 1970's when the American Medical Association no less was in the pay of Big Tobacco.

The Foundations are lucrative juggernauts of slush research money, tenured jobs and self-serving charities.

Such Foundations would do a public service by winding themselves up tomorrow saying, "go and read Geoff Bond's book".

That sounds flippant but there is a deeper truth – These Foundations have become captivated by the *process*. They have no interest in actually finishing the job and then closing themselves down!

Once again, it is the *individual* that has to take charge of his own life. No one else will do it better.

### Hints & Tips

#### The Popeye Solution

Think about simple substitutions to drive up the nutritional value of what you are eating.

Spinach contains many more important phytochemicals than does hothouse lettuce. Use young or baby spinach leaves instead of lettuce in salads and in pita pockets.

#### Most Workplaces are Anti-Diet environments

Peer pressure is immense in the workplace. There are frequent invitations to eat unhealthy and fattening foods.

Worse, a vending machine selling junk snacks and

candies, is often the only food source.

Stand up for yourself. Be assertive. Ask the boss and co-workers to help change the options and attitudes about food at work.

You will do everyone a favor and you will be surprised at the support that you get.

### The Fixit Syndrome

#### Sugar drowns out Fluoride

It used to be thought that fluoride was a miracle cure for dental caries.

A National Institutes of Health panel reports that tooth decay is making a comeback in spite of fluoriding children to the point of overdose.

The culprit? Sugar overconsumption. The panel goes on to say that there is no clear evidence that fluoride helps in any way.

"We are wasting taxpayer dollars researching fluoride when it's clear that improper diet leads to tooth decay," says lawyer Paul Beeber, President of an anti-fluoridation pressure group.

#### Comment:

Exactly. Fluoridation is seen by the lazy and undisciplined as an easy quick fix to compensate for bad eating habits. That is a view which is sadly misguided.

### Snake Oil

#### Chelation Therapy Fails

In the first rigorously controlled experiment<sup>4</sup> of its kind, chelation therapy produced no benefit for heart disease patients.

<sup>4</sup> Wyse, Amer. Coll. Card. meeting; 21 March 2001

In orthodox medicine, chelation is used to treat mercury or lead poisoning. The amino acid that is administered, EDTA, latches onto heavy metals so that they are excreted in the urine. This works fine.

Extending its use to treat heart disease is now discredited.

#### Comment

Worse, chelation can actually be harmful if patients choose it over proven lifestyle changes.

If you have heart disease the best thing you can do is Eat Naturally, exercise and stop smoking.

### Parents Beware!

*Manufacturers of children's food are endlessly creative in their efforts to trick you into parting with your cash – in exchange for junk.*

#### Trick Number 1.

They add vitamins and minerals to give a healthier image. Worse, they imply that they are required regularly.

Example: The Daddies Tomato Ketchup label proclaims "contains vitamins that are needed every day."

#### Comment:

Good luck to parents. How do they persuade their offspring to prefer salad when the insidious idea has been planted that, just maybe, French fries and ketchup will do the job just as well?

### From Page 1

#### What They Say (cont.)

##### Charles Smith

"We've become a race of food junkies. Thank you so much for putting the time and effort into sharing your work with everyone by writing your book."

#### Comment:

Your frustration with the inattention of conventional medicine to nutrition is understandable.

But don't blame the doctors. They are trained to do jump through certain hoops and not others.

This is where the individual must take charge of his own welfare. Learn to understand the limitations of all specialists – including us!

### Neanderthals (cont.)

On the other hand, the Cro-Magnons were less ambitious hunters. They concentrated on Fish, Fowl, Mollusks, Rabbits, and Tortoises.

So why did the Neanderthals die out? The scientists speculate that with the coming of the ice age, their habitual prey the "megafauna" (very large animals) died out.

The Neanderthals had no other resource. They had never learned to fish, trap, snare and preserve food like the resourceful humans. And it was the human's prey that survived the ice age.

Not all scientists agree. It is just as likely that the Cro-Magnons physically wiped out the Neanderthals. When two similar species occupy the same ecological niche, they battle each other for supremacy and one of them loses.

This study concentrated on the **animal content** of the Cro-Magnon diet. Studies are awaited to know the plant food content.

Preliminary results already indicate that the Humans had a much higher consumption of plant food (including berries and tubers) than Neanderthals.

### Alzheimer's (cont.)

And what is foliage? Why – nothing more than green leafy vegetables like spinach, broccoli, mustard greens, Brussels sprouts and many, many more. It is also present in avocados, filberts (hazelnuts) and asparagus.

And cobalamin? That is only found in foods of animal origin. We only need minute quantities and we get them easily from:

eggs (of chicken, duck, goose, quail...),

- shellfish (clams, crab, calamari...)

- fish (salmon, mackerel, sardine...)

The Natural Eater can be assured that he is doing everything right to avoid senile dementia.

### 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)

### Seminar (UK):

**Tues. June 26**

12.45 for 13.00

**Dorking Rotary Club**

Surrey

**Entry:** Private only

### Seminar (UK):

**Thurs. June 28**

10.30 – Noon

University of 3<sup>rd</sup> Age,

Elliott Hall,

Harrow Arts Centre

Uxbridge Rd, Pinner, London

**Entry:** By arrangement

**Information/Reservations:**

Peter Sinclair:

**020 8868 7417**

e-mail: [peter@sinclair.tc](mailto:peter@sinclair.tc)

### Radio Show (USA):

**Tues. July 24<sup>th</sup>** at 10:15  
"VJ's Corner", Palm Springs,  
**98.5 FM, 1340AM**

### Seminar (USA):

**Mon Nov. 26**, 19:15 part 1

**Tues Nov 27**, 19:15 part 2

The Oaks,

Ojai, CA

### Seminar (USA):

**Weds Dec 12**, 18:30

JFK Medical Center

Bermuda Dunes, CA