

NATURAL EATING NATURAL EATING NATURAL EATING



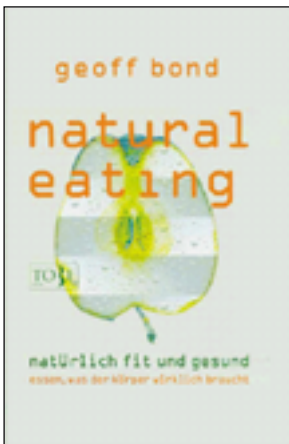
Complimentary Copy

Continuous Development Briefing

International: German edition. **Ancestry:** arachnophobia. **Parents Beware:** Mr. Men Curry. **Talk Report:** Ethical Society. **Food Fix:** Cucumber Salad. **Q&A:** Goose Fat, Fruit Alcohol, Sore Throats, Prostate/calcium link. **Geoff Bond:** Beating the Odds. **Sorcerer:** GMO's/Bugs. **Food/Disease:** Olive oil/eyesight. **Thought:** Life Happens. **Policy:** Label Tightening, Label Loosening. **Buyer Beware:** Milk commodity. **Fixit:** Omega-3 Lamb. **Hints:** Weight Loss, Exercise Age. **Upcoming Events**

Natural Eating International

German Edition Published



Our German publisher Beust Verlag has produced a splendid German edition of the Natural Eating Book. It is hard-back, glossy paper and in full colour.

Geoff and Nicole Bond launched the book at a press conference held at the Frankfurt Book fair. Nicole gave the keynote presentation in German.

The celebrated food writer Wolfram Siebeck of the German national daily, "Die Zeit", was one of the numerous participants who wanted (and got!) an autographed copy. **Continued Page 5.**

Our Ancestral Past

Snakes And Spiders Grab Our Attention

It's long been thought that the common phobias of snakes and spiders are reminders of Homo sapiens' primal past.

Now new studies¹ suggest that human perception evolved to accurately and efficiently spot these environmental threats.

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Parents Beware!

Children's food makers are ever creative in selling toxic junk.

Trick Number 5:
Sell it "as a complete meal"

Busy parents are often tempted into buying ready-meals for their children. Example "Mr. Men & Little Miss Chicken Curry" which is attractively packaged to appeal to young children. But the chicken and rice only make up 31% of the product. There is little vegetation and the leading ingredients are water and cream!

DON'T BE TAKEN IN-AVOID!

¹ Journal of Experimental Psychology – General, Vol. 130, No. 3.

Talk Report

South Place Ethical Society

On Sunday October 21st, Geoff Bond gave a talk entitled "Humanity's Diet" to the members of the South Place Ethical Society in London. Here he is shown making some typically vivid points in the coffee break afterwards.



The Secretary, Jennifer Jeynes said later, " ... a splendid talk. People have congratulated me on producing you as a speaker. You made quite an impression!"

Praise indeed from the professional skeptics of the Ethical Society.

Simple Food Fix

This is an interesting and quick way to prepare this side dish.

Cucumber Salad



Ingredients:

½ English Cucumber

Dressing:

- ¼ cup (2 fl.oz., 60 ml) vinegar
- ½ cup (4 fl.oz., 110 ml) water
- 2 tsp fructose
- 2 pinches salt
- 2 pinches pepper

Method:

Wash and finely slice the cucumber either by hand or machine. Place in a medium size serving bowl.

In a cup, stir all the dressing ingredients together and pour over the cucumber.

Turn the cucumber slices around in the dressing to ensure that all the surfaces are covered.

Comment:

This is a tasty and innocuous dressing to liven up the bland taste of cucumber.

Unlike conventional dressings, the cucumber is swimming in the liquid. Make more if necessary. It can also be kept, rather like a marinade, overnight or for reuse.

Try ringing the changes on the type of vinegar: e.g. malt, wine, balsamic etc.

Questions

Cooking your Goose

Q. *My mother swears by the use of goose fat. The pan is never cleaned out and the fat is used over and over again and just topped up as needed. (She says that the flavour is best that way.) What do you think of that?*

A. Ghastly! But first of all the good news. Of all the animal fats, goose fat is one of the least bad. Its saturated fat content is around 25% compared to 40% for the red meats.

The fat has already been heated once when it was drained off the roasted fowl. Use it once more and that's it! Reheating and reusing *any* fat is **DEPLORABLE**. The fat becomes oxidized and that multiplies up the **ARTERY ROTTING** effect.

Our view? From time to time the use of goose fat in cooking is tolerated, but **NEVER** reheat it.

Fruit Toddy

Q. *As a Methodist I was shocked to read of the amount of alcohol in ripe fruit (last month's newsletter). Does this mean that I must abandon eating fruit?*

A. Muslims too have this prohibition on consuming alcohol. This new knowledge (about alcohol in fruit) used to worry their religious authorities also. However the mullahs decided that the real test is if the consumption of the food had 'mind altering effects'.

The reality is that today's fruits just don't contain enough alcohol for you to notice any intoxicating effect.

Sore Throat Misery

Q. *Is there anything I can do about sore throats? My doctor gives me antibiotics but they don't seem to do any good.*

A. Let's dispose of one common misconception: antibiotics are rarely the right treatment for sore throats.

90% of sore throats are caused by *viruses* against which antibiotics are useless.

Antibiotics only work on bacterial infections!

Worse, medical science has no ready answers either – but patients still expect to be *treated!*

So, regrettably, many doctors prescribe antibiotics so as not to appear at a loss. The antibiotics do no good and the individual gets disturbed gut function, and stores up allergy troubles.

Worse, by this reckless overuse of these wonder drugs, we are laying up huge problems for humanity. Lethal bacteria have become resistant and once-defeated diseases like tuberculosis are resurging. (See *GMO Bugs* later)

There are two things you should do for sore throats:

- avoid antibiotics unless your doctor is sure that it is due to a bacterium (commonly called "strep throat")
- step up your adherence to Natural Eating principles.

If your immune system is functioning properly, banal diseases like colds and sore throats will be much rarer and they will clear up of their own accord in day or two.

Prostate/Calcium Link

Q. I read an article saying that the risk of Prostate Cancer is increased with calcium intake. How can this be?

A. Yes, the famous Physician's Health Study² has come up with another counter-intuitive result that slams conventional nutritional orthodoxy.

For example: doctors who consumed 2½ servings of dairy products per day were 34% **MORE LIKELY** to have prostate cancer compared to those who ate no dairy products. It made no difference if the milk was skimmed.

However it is not just dairy products. Other studies have shown that **calcium supplementation alone** does the same thing.

It is the Law of Unintended Consequences. Abnormal calcium intake **DEPRESSES** 1,25-dihydroxyvitamin D3 – an essential component of the immune system.

You know the moral: you can't double-guess the way your body works. Just eat naturally and it will all work out just right.

You can't double-guess the way your body works.

Geoff Bond Replies:

Beating the Odds

K.B. writes: *I smoke, don't pay a lot of attention to what I eat and have lived to a ripe old age. Why should I listen to what you have to say?*

G.B. That's fighting talk! But in reply I'll make three points:

1. I bet, nevertheless, that you suffer **QUITE UNNECESSARILY** from debilitating diseases that are a result of bad lifestyle habits. Write to us again about that and we'll discuss in next month's issue.

2. Some people beat the odds! You are one of the lucky ones to have wandered blindly through the minefield without setting off a fatal explosion. But you can't count on it! Most people would prefer to have a route map.

3. Most older people are 'living off their inheritance'. That is to say, their life as a fetus, baby, toddler and adolescent was lived under totally different circumstances to those of today.

You are fortunate to have lived that time of life before and during the Second World War. The British population has never been healthier than at that time. Your biochemistry and digestive system are healthily developed and so can withstand more abuse than will be the case for the youth of today.

Sorcerer's Apprentice

GMO's/Bugs Arms Race

For all the promise of crops genetically modified to resist pests, the miracles of the laboratory are only good until the bugs outsmart them.

Professor Mark Whalon says in a paper³, "We like to think that science can manage resistance, but in truth, historically we've been pretty ineffective."

Already 540 insects and mites are **RESISTANT** to more than 310 insecticides.

Comment:

This is the nasty little secret about GMO and agro industry in general. All those crops genetically engineered to be pest resistant are merely developing breeds of pests that are resistant to everything that we can throw at them.

Sooner or later, we are going to have to learn how to live with pests, just as hundreds of generations of farmers have had to do up to recent times.

Food/Disease Link

Olive Oil/Blindness

Surprising to many but not to the Natural Eater, those who eat foods high in monounsaturated fats, such as **OLIVE OIL**, have a **71% INCREASED RISK** of retinal macular degeneration. Dr. Seddon's team reports⁴.

Retinal Macular Degeneration is a progressive and irreversible deterioration of the retina and is the leading cause of blindness in people over 65.

Furthermore, those who ate foods high in polyunsaturated Omega-6 fats, such as **MARGARINE, CORN and SAFFLOWER OIL** had an **86% INCREASED RISK**.

And what do you know? On the other hand, people who reported diets **rich** in omega-3 fatty acids and **low** (repeat – **LOW!**) in Omega-6 had a decreased risk of the disease.

² Am J Clin Nutr 2001;74:549-54.

³ 222nd National Conference, American Chemical Society, Aug. 29, 2001.

⁴ Arch Ophthalmol 2001;119:1191-1199.

Yes – you’ve seen it all before – in the Natural Eating Book.

Obesity/Sloth/Cancer

One third of cancers of the colon, breast, kidney and digestive tract are due to obesity and too little exercise. So says the World Health Organization.

Their remedy? “Governments, the food industry, international agencies, the media, communities and **INDIVIDUALS** all need to work together to modify the food environment.”

Some hope! There is only one entity in that list that can be relied on to change anything – **THAT’S YOU!**

Food for Thought

Expect Life to Happen

We cannot stop life from doing its unpredictable and often disconcerting thing.

We can however, avoid freaking out when our plans are upset. We can build the resilience and skills to deal with the unexpected.

Food Policy

EU Label Tightening

The European Commission will scrap the existing 25% labelling rule. This allowed manufacturers to wriggle out of declaring compound ingredients when they comprise less than a quarter of a final food product.

Not surprisingly the food manufacturers are fighting this move bitterly.

All the more reason to support this EU initiative. We desperately need greater transparency about what we are being sold as ‘food’.

Gamekeeper turns Poacher

In yet another scandal, the organization that is supposed to protect the British consumer, the Foods Standards Agency, has turned traitor.

It is opposing the EU proposal to impose labeling of GMO food on the grounds that “it would be difficult to afford and enforce”.

The Consumers’ Association is “appalled”. So are we. It only goes to show the truism: that watchdogs soon get captured by those they are watching.

Buyer Beware!

The food companies are getting ever more ingenious at parting you from your money.

Listen to this from Tom Nagle, vice president of marketing for the National Fluid Milk Processor Promotion Board:

“We found that if you make milk more accessible to kids during the day -- and give them the flavored milks they like in single-serve, resealable plastic bottles -- they will drink more of it,”

“Based on the test results, each student could potentially drink one additional gallon, if it were available in branded, single-serve packaging, in a variety of flavors and fat levels, and in conveniently located vending machines.”

Comment: “One additional gallon”! Parents, strap yourselves firmly to the mast and steer your vulnerable children away from these force-feed temptations.

Meanwhile:

Setback to Anti-Milk Group

The British branch of the consumer group, PETA (People for the Ethical Treatment of Animals) is fighting the dairy propaganda

in schools with its “MilkSucks” campaign.

Dismayingly, PETA is under injunction to stop telling school children that milk is harmful to health. The reason? It could “play on childhood anxieties by emphasizing the links between milk and acne, flatulence and obesity”.

Who brought this litigation? No surprise there – the Farmers Union and the Dairy Council.

Shame on the Authorities for upholding this complaint – and with such a spineless excuse to boot. They prefer pandering to vested interests than protecting our children’s health.

More information at:

www.milksucks.com
www.peta-online.org

‘Fixit’ Mentality

Omega-3 Rich Lamb

The food industry knows a bandwagon when it sees one.

The emphasis on the importance of Omega-3 oils has not gone unnoticed by the marketing men.

Now Australian scientists are devising ways to make sheep-meat rich in omega-3 oil!

There is only one problem: feeding oil to sheep doesn’t get it past their famous ruminant stomachs and into their flesh.

Solution? “Microencapsulation of oil droplets in a protein-aldehyde matrix”. This is the euphemistic jargon for a new jolly wheeze. Translation?

The oil is put into tiny capsules that resist passage through the sheep’s stomach. That way the oil is smuggled into the sheep’s digestive tract in the animal feed.

Don’t ask what that “protein-aldehyde” feed is -- it certainly isn’t grass!

Comment: Omega-3 rich foods are an important part of the human diet. But not by distorting the biochemistry and digestive arrangements of defenseless creatures.

And isn't it surreal? – going to all that trouble to get omega-3 oil into a lamb that then has to be slaughtered and eaten. Just eat a few fresh, raw walnuts instead!

Hints and Tips

Successful Weight Loss

What are the common factors among those who successfully keep off their weight? According to a study⁵ they:

- Weigh themselves frequently,
- Consume a low fat diet,
- Exercise regularly
- Eat breakfast.

No surprises there. But most important of all: "it takes a complete personal transformation to keep the weight off".

In other words, you cannot play at it – you have to *take responsibility* for eating right and exercising in a world that encourages driving everywhere and super-sizing everything.

Successful weight-loss demands a lifelong commitment to change bad habits for good.

That too, is what we demand of a Natural Eater.

It's never too late to exercise

A landmark study⁶ has shown that a six-month endurance-training program at the age of 50 reverses the bad effects of 30 years as a couch potato.

⁵ Dr James Hill; Nat'l Wt Control Registry

⁶ McGuire, Circulation: September 18, 2001

The subjects were studied when they were bedridden for 3 weeks in their 20's and then studied again thirty years later.

"This sends a strong message that regular exercise should be a part of everyone's lifestyle, and that it is never too late to start exercising."

Remarkably, the subjects' cardiovascular health deteriorated **MORE** in the three bed-ridden weeks than in the subsequent 30 years of sedentary activity.

Physical inactivity, especially prolonged enforced bed rest for all patients, either young or old, is devastating.

Establish a consistent exercise routine.

If you don't plan your exercise schedule, something always interferes.

From Page 1

Our Ancestral Past

Spiders and Snakes (cont.)

These findings show that we do it accurately and efficiently. The extra-fearful have a heightened attentiveness to the feared creature.

In short, potential threats grab our attention, which has surely helped us to survive.

NE International

German Edition (cont.)

Beust has produced a magnificent full color book for only 50 DM (\$25). If any of our readers is interested in a copy, just contact us – or use the form on the back.

Upcoming Events

Contact us for further details.
Visit us on the Web!

www.naturaleater.com

Seminar/workshop (USA):

Mon Nov . 26, 19:15 part 1

Tues Nov 27, 19:15 part 2

"Humanity's Diet Course"

The Oaks Spa hotel,
Ojai, CA

Entry: by arrangement
Information and Reservations:
Elizabeth Horton: **805 646 5573**

Talk (USA)

Sun Dec 2, 10:00 a.m.

"Humanity's Diet"

Bill Edelen's Sunday Symposium,
The Racquet Club, Baristo Rd,
Palm Springs.

Entry: Open, \$8:00

Info : edelen@sprintmail.com

Seminar (USA):

Weds Dec 12, 18:30 – 20.30

"Nutrition for Humanity"

JFK Medical Center, Ste 105,
41120, Washington St.,
Bermuda Dunes (Palm Springs Area).

Entry: open, free

Info: 1-888-240-3493

Seminar (USA):

Sat. Jan 12, 18:30 – 20.30

"Nutrition for Humanity"

Stergios Building Desert Hospital, Indian Cyn Dr. Palm Springs

Entry: open, free

Info: 1-888-240-3493