

**NATURAL EATING NATURAL EATING NATURAL EATING**



**Complimentary Copy**

**Continuous Development Briefing**

**Q of Month:** Human Dwarfing. **Parents Beware:** Trolli Gummi Pizza. **Stop Press:** New e-book site. **Christmas Offer.** **Buyer Beware:** Braggs Aminos. **Recipe:** Chicken Pot-au-feu. **Q&A:** Toxic Cocoa?; Toxic Wine?; Egg Cholesterol; **Hints:** Veggie Wash. **News Flashes:** Vitamin K and bones; Cocoa is Good. **Geoff Bond Replies:** Low fiber diet; **Food Obscenity:** ConAgra's Pink Margarine. **Talk Report:** The Oaks. **Restaurant Savvy:** Know what you are Eating. **Events. Resources.**

**Question of the Month**

**Human Dwarfing**

**Q.** You claim in your book (page 45) that we are shorter than our ancestors. Yet we are always being told the opposite – that we are healthier and taller than ever before. What about Lucy?

**A.** One of the giant scholars of Pleistocene nutrition, Boyd Eaton<sup>1</sup> notes that our ancestors from Homo Erectus to Homo Sapiens were tall for 1.5 million years right up to about 15,000 years ago. He then cites figures for what happened to the 'anatomically modern' ancestors of Europeans, the Cro-Magnons:

Stature (cm)	Male	Female
Cro-Magnon before 15000 b.c.	177.2	165.7
Cro-Magnon after 10,000 b.c.	168.9	156.3

Continued page 5

**Parents Beware!**

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

**Trick Number 6:**

**Make sweets like savory**

Pizzas and burgers are popular with children – so now companies make sweets that **MASQUERADE** as savory food.

<sup>1</sup> Calcium in Evolutionary Perspective; Boyd Eaton et al; AJCN; 1991; 54; 281S-7S. (c.f. book bibliography)

Watch out for **SNEAKY** little numbers like Trolli Gummi Pizza and Haribo Build-a-Burger.



They are actually **CANDIES** and are both made with solid *sugar!* There is also a nauseating range of additives, flavorings and colorings.

**DON'T BE TAKEN IN – AVOID!**

**\*Stop Press\***

**e-book site goes live!**

We are thrilled to announce the opening of our new e-book site. We've been working hard for several months now to develop a site where clients can purchase and **DOWNLOAD** The Natural Eating System **DIRECTLY**.

Jamie Bond and his web services company, Cynatis ([www.cynatis.co.uk](http://www.cynatis.co.uk)) have master-minded the production of this fine automated and secure web site.

Go and take a look! We appreciate any comments for improvement and updates. The address and link are: [www.savvyeater.com](http://www.savvyeater.com)

**Season's Offer**

**Give a Book For Christmas!**

Are you stuck for a Christmas present for Uncle Fred or Daughter Sue? Why not think about a gift of a Natural Eating Book?

**Geoff Bond** will dedicate it, and we'll gift wrap it, add your message and ship it for Christmas. All for only \$5.00 extra! (Good for Continental USA. Ask about other countries)

Telephone us (toll free 1-800 240 3493) or e-mail us with your order.

You can also purchase from our website, [www.naturaleater.com](http://www.naturaleater.com) and contact us separately with your message and delivery address.

**Buyer Beware!**



**Braggs Liquid Aminos** are sold as an "All Natural, Not Fermented, No Preservative, Healthy Gourmet Alternative to Soy Sauce."

Furthermore, the ingredients are "Pure soy beans and purified water only". – So you might think that these "aminos" are a safe, salt-free alternative to soy sauce. **WRONG!**

Continued Page 5

## Recipe

### Chicken Pot-au-Feu

serves 4



#### Ingredients:

- 12 oz (340 g) organic, free-range chicken breast, cut into 1-inch (2.5 cm) strips
- 1 white onion (approx. 6 oz, 170 g), sliced
- 1 can (28 oz, 800 g) tomatoes, peeled and chopped
- 1 cup (8 fl.oz, approx. 250 ml) vegetable broth, canned or homemade
- 1 lb. zucchini, unpeeled, cut into ½-inch (approx. 1 cm) slices
- 1 lb. cauliflower florets
- 10 oz (280 g) chopped spinach, frozen
- 3 cloves garlic, thinly sliced
- 2 tablesp. tomato paste
- 1 tablesp. (15 ml) olive oil
- 2 teasp. stir-fry spices
- ½ teasp. chili sauce
- salt, pepper
- 2 tablesp. parsley, chopped

#### Method:

In a large pot heat the oil and sauté the onion, until tender, but not brown.

Add the garlic slices and sauté for another 2 minutes.

Add the tomatoes, the vegetable broth, the tomato paste, the herbs, the chili sauce and salt and pepper. Bring slowly to a boil. Add the zucchini slices and cook slowly, covered, until almost done.

Meanwhile steam the cauliflower florets until done, but still crunchy.

Defrost the spinach, following the instructions on the packet.

Then add the cauliflower florets and the spinach to the pot. Salt and pepper to taste.

Bring to a boil. Reduce heat and add the chicken strips to the pot, pressing it gently into the mixture with the back of a spoon. Simmer all together for about 10 minutes.

Serve in big plates. Prior to serving, sprinkle the parsley over the top of the dish.

#### Comment:

A fine, vegetation rich dish - absolutely loaded with heavy metal fighters (see first question) a complete meal in itself. Eat as much as you like!

## Questions

### Toxic Cocoa?

**Q.** *I heard that cocoa and chocolate contain cadmium. Should I be worried about cadmium poisoning when I have some of that dark chocolate?*

**A.** Let's keep things in proportion! *Everything* we eat has got substances that, in excess, can be harmful. Indeed, if we let ourselves worry about every particle of toxic substance **NATURALLY PRESENT** in food we wouldn't eat anything! (See next question).

However, our bodies are wonderfully adapted to eliminating noxious substances if we let them do their job.

It is true that cocoa contains more cadmium than many other foodstuffs. That is because it happens to grow on soils that have higher-than-average cadmium content. But it is not life threatening!

Indeed the most highly prized cocoa, used to make the finest chocolate, is grown in Ivory Coast and, coincidentally, has the highest cadmium content.

And do you know what? As a Natural Eater you ingest a wide variety of compounds that **NEUTRALIZE** the toxic potential of cadmium. For example, just eat dishes like our chicken pot-au-feu (see recipe).

These neutralizing compounds are substances like **selenium** and **zinc**. If your diet is adequate in these compounds, cadmium doesn't get a foothold.

Moreover, studies show that cocoa and dark chocolate consumption actually *helps* a wide variety of diseases. See 'Cocoa is Good for You', p. 3)

Finally, think about this: the only real casualties of cadmium poisoning are workers catastrophically over-exposed to cadmium *inhalation* in industrial plants.

Steer clear of cadmium-plating works and enjoy your after dinner cocoa square in safety.

### In Vino Plumbum

**Q.** *I've seen a report that says we should wipe the neck of a wine bottle before pulling the cork. What is that about?*

**A.** Traditionally wine bottles have a foil wrapping over the neck and cork. This foil often contains the toxic metal, lead.

It has been found that when pouring the wine, some particles of lead still adhering to the bottle, can be ingested.

Hence the recommendation to wipe the pouring surfaces first.

However, listen to this. Wine contains **NATURALLY OCCURRING** lead anyway! Indeed, just two glasses of wine a day are enough to reach the maximum recommended lead intake.

Should you worry about this? Certainly not! As with the previous cocoa question, our bodies have wonderful ways of disposing of these microscopic quantities of toxic substances.

A diet rich in **selenium, zinc, thiamine<sup>2</sup> and ascorbic acid<sup>3</sup>** is highly protective against lead poisoning. You don't have to double guess it – just eat Naturally, and enjoy your glass of wine with a clear conscience. Oh, and wipe the neck of the bottle just to make sure!

### Cholesterol and Eggs

**Q.** *I am still confused about eggs. I thought that we should worry about cholesterol. Yet you say that eggs are OK.*

**A.** For eons eggs have formed part of our ancestral diet. There is no doubt that they were an important foodstuff and we might expect our bodies to be well adapted to them.

That seems to be the case. No study has been able to link egg consumption with adverse cholesterol or triglycerides in the blood.

Now a new study<sup>4</sup> confirms what has long been thought: that a 'phospholipid' in eggs "interferes with the absorption of egg cholesterol and markedly lowers its uptake by the intestine.

<sup>2</sup> alias vitamin B1

<sup>3</sup> alias vitamin C

<sup>4</sup> Koo et al; US patent no. 6,248,728

The body does not absorb the cholesterol in eggs.

It is notable that the first report of these studies is in a US patent, not a scientific journal.

Researcher Koo is hoping to bank his discovery by selling this phospholipid compound as a cholesterol-lowering drug. Here we go again – suckering the public with false 'fixits' again!

Meanwhile the Natural Eater will continue to eat eggs without guilt – but make sure, as always, that they are free-range and omega-3 rich.

### Hints & Tips

#### Veggie Wash

We get many queries from people asking where they can find a fruit and vegetable wash.

In the USA, UK and other English speaking nations, veggie wash is available in health food stores (e.g. Nature's RX) and some supermarkets (e.g. Trader Joe's). However, on the continent of Europe these products appear to be unknown.

This is the website of one such supplier to many countries, Food-Safe Ltd:  
[www.food-safe.com](http://www.food-safe.com)

### News Flashes

#### Vitamin K and Bone Health

New evidence<sup>5</sup> has emerged that there is yet another factor important for bone health – vitamin K.

There are several mechanisms by which it helps bone building.

<sup>5</sup> Weber; Nutrition; 2001; 17:880-887

It aids osteocalcin, a bone building protein, and it prevents calcium leakage from the kidneys.

The Institute of Medicine has increased by 50% the 'dietary reference intakes' of vitamin K to 90 mcg/day for females and 120 mcg/day for males.

The famous Nurses Health Study (that showed how milk drinking caused hip fractures) also showed<sup>6</sup> how the more a woman eats lettuce, the stronger are her bones.

Yes! The biggest source of vitamin K is in **GREEN VEGETATION** – nothing else comes even close.

### Cocoa is Good For You

Cocoa and dark chocolate have been shown<sup>7</sup> to be rich in antioxidant flavonoids that lower LDL ("bad" cholesterol and greatly reduced the amount of artery rotting oxidized fatty acids.

The researchers go on to say that cocoa and dark chocolate can form an agreeable but modest part of the diet. The emphasis should still be on getting the majority of flavonoids from vegetation.

We have nothing to add to that!

### Geoff Bond Replies

*Last month K.B. claimed that she has lived to a ripe old age, smokes and hasn't paid great attention to eating healthily.*

*We challenged K.B. to open up about any health problems. This is her reply:*

<sup>6</sup> A J Clin Nutr 1999;69:74-79

<sup>7</sup> Kris-Etherton; AJCN; Nov 2001

**K.B.** I have suffered with constipation for many years. At one point I was told that this is normal as one reaches retirement age and that I should start taking a senna pod extract, which I did.

About 8 years ago I was diagnosed with chronic diverticulitis and had a section of colon removed. For 3 months I had to wear an external bag. The doctors don't know what to tell me to eat. I occasionally get unbearable cramps and nausea.

I'm also on medication for high blood pressure and I do have a smoker's cough.

**G.B.** Senna pod! That is a good old remedy used by the ancient Egyptians. But today we know that it has drawbacks. It is a colon irritant inducing massive cell loss which, in turn, provokes cancerous growths. The absorption dimples known as 'crypts' are greatly diminished and impaired.

But the root of the problem is that for decades you were not getting old-fashioned roughage in your diet!

Everything that your mother said is true – eat up your greens and other plant foods – they are rich in **SOLUBLE FIBRES**.

And that is what you need to do even now – that will help build up intestinal tone, keep those pesky diverticula scoured out and give you good colon health.

I hope that wearing that colostomy bag gave you a fright. You were lucky that it was only temporary. In today's world with its atrocious eating habits, many unfortunate people, often only teenagers,

are obliged to have one permanently. Not very romantic is it!

As for the high blood pressure and the smoker's cough – you know the answer – Eat Naturally and stop smoking...

### Food Obscenities

**Margarine? Any color you like!**

**US kids are to get pink and blue margarine.**

ConAgra the 'food' conglomerate is happily contemplating the thought of millions of American children squidding their new colored margarine on their pancakes.

Said the spokesman Scalise chirpily, "It is really designed to let kids have a little more fun in eating their vegetables..." [Margarine on vegetables? They've got to be dreaming!]

Scalise warms to his theme, "one tablespoon provides 10% of RDA for calcium, vitamin A, D, and E."

Scalise doesn't of course talk about the high bad, heart disease inducing, fat content.

What a tragedy for all those millions of families seduced into feeding this stuff in 'fun quantities' to their children.

ConAgra plans an advertising campaign later in 2001 and early 2002 aimed at both kids and adults.

**DON'T BE TAKEN IN!**

### Talk Report

**The Oaks at Ojai**

Geoff Bond gave two talks at this fine 'American plan' Health spa, which is located in the

delightful, quaint and picturesque resort village of Ojai above Ventura in California.

The Oaks is a controlled food environment. The Natural Eater can be guided by the way they structure the feeding pattern for the day:

The emphasis is on fresh fruits for breakfast and boiled eggs are available for those who wish.

At mid-morning there are bottomless cups of a nourishing, freshly home made vegetable broth.

Lunch has choices of salads, steamed vegetables and protein sides.

In mid-afternoon there is a succulent buffet of fresh, raw vegetables and safe dips.

And in the evening there is again a choice of salads, vegetables and various sides.

In spite of being a low fat, low calorie régime, one never feels hungry because one eats often and well.

All this is interspersed with a huge range of organized physical activities for all abilities and levels: guided walks, hikes, aerobics, strength training, yoga, massages and water exercises.

Not forgetting the stimulating, informative and amusing talks in the evening!

The Oaks website:  
[www.oaksspa.com](http://www.oaksspa.com)

**Restaurant Savvy****Know what you are Eating**

Before ordering, ask how the food is prepared. Guesswork will result in bad calorie, fat and carbohydrate intake. Request substitutions if necessary.

**From Page 1****Bragg's**

The Nutrition Facts panel states that there are 110g of sodium per ½ tsp. (2.4ml).

That is a very sneaky way of putting it. Soy sauces usually quote the salt content per tablespoon (15ml).

Bragg's Aminos contain 700 mg sodium (2.1g salt!) per tablespoon. They are 14% salt...

That is considerably higher than a 'lite' soy sauce, which is only 11% salt and not much better than regular soy sauce.

**DON'T BE TAKEN IN!****Dwarfing**

This dramatic loss of stature Boyd Eaton puts down to, "...increased frequency of nutritional stress (up to and including famine), epidemic infectious diseases and the emergence of cereal grains as dietary staples."

Today, we benefit from the conquering of epidemic diseases. But we have replaced famine by another nutritional stress "affluenza" – poor diet in the midst of plenty.

Above all, we are even more hooked on cereal products as our staple food. Result? Our

average stature has only grudgingly increased from the worst of the Bronze<sup>8</sup> and Middle<sup>9</sup> Ages, but it has not yet arrived to the level of the Cro-Magnons 15,000 years ago.

Cordain<sup>10</sup> explains how cereal antinutrients disturb human growth hormone, leading to stunted growth.

Formicola<sup>11</sup> provides a very erudite analysis of skeletons down the ages. He says, "Statistical analysis of the data indicates that pre 15,000 years ago people are very tall; post 15,000 year ago groups from Western Europe, compared to their ancestors, show a marked decrease in height."

**Bottom Line?** There is a wealth of data confirming the dwarfing of the human race – and it is largely self-inflicted!

Note that tallness by itself is not necessarily a good indicator of health. We reported in May (issue 4.05) how Dr Leroi<sup>12</sup> reports that dairy products (for example) drive abnormal unhealthy growth.

And Lucy? She lived over 3 million years ago and was more like a chimpanzee<sup>13</sup>. In other words far too long ago to be representative of modern humans.

<sup>8</sup> ca 3000 b.c. to 1000 b.c.

<sup>9</sup> ca 500 a.d. to 1400 a.d.

<sup>10</sup> Cereal Grains: Humanity's Double Edged Sword; Cordain; World Rev Nutr Diet; 1999 vol 84; 19-73

<sup>11</sup> Stature in Upper Paleolithic and Mesolithic; Formicola et al; J of Hum Evol.; (1999); 36; 319-333

<sup>12</sup> March 28th 2001, New Century Lecture, Royal Institution, London.

<sup>13</sup> Out of Africa, again and again; Tattersall; Sci Am; April 1997

**Upcoming Events**

Contact us for further details.

**1-888-240 3493**

Visit us on the Web!

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

**Talk (USA)****The Edelen Symposium.**

This talk, originally scheduled for December 9<sup>th</sup>, was brought forward and took place on November 18<sup>th</sup>.

**Talk (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.

**Talk (USA):**

**Thurs Jan 10, 09:30 – 10:30**

**"Using Food to Make us Well – and what Doctors can't tell you".**

**Mizell Senior Center**

480 S. Sunrise Way

Palm Springs.

Tel: 760-323 5689

Entry: Open, Free

Info: 1-888-240 3493

**Talk (USA):**

**Sat. Jan 12, 18:30 – 20:00**

**"The Thrilling Discoveries about Humanity's diet – and how the Food Pyramid is making us sick."**

Jerry Stergios Building, Desert Hospital, N. Indian Canyon Drive Palm Springs.

Entry: Open, Free

Info: 1-888-240 3493