

NATURAL EATING NATURAL EATING NATURAL EATING



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Thoughts: Affluenza, Root to Root. Parents Beware: BBC Mess of Pottage. Recipe: Raspberry Delight. Q&A: Drink and Fruit, Swede Name, Buckwheat for Candida, Pilchard, Pumpkin Seed, Seaweed, Supplement Mania, Vegetable Oil Savvy, Zinc. Sorcerer's Apprentice: Tofu for Tumors. Label: Sportea. Geoff Bond: Weight Training. This America: Porky Soldiers. Policy: King Sugar. Food Deception: Bragg's Mystery Salt. Anthropology: America Breakup. Talk: Edelen Seminar. Hints: starch to sugar.

Seasonal Thoughts

"Affluenza"

This Breen cartoon poignantly encapsulates the absurdity of our dysfunctional food supply.

All primitive societies have times of feasting and times of austerity. The times of super-abundance were rare; the times of frugality were the norm. Our bodies are adapted to this rhythm – and we are psychologically programmed to stock up while the going is good!

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Chuckle: A Short History of Medicine

"I have an ear ache."

2000 B.C. - Here, eat this root.

1000 A.D. - That root is heathen, say this prayer.

1850 A.D. - That prayer is superstition, drink this potion.

1940 A.D. - That potion is snake oil, swallow this pill.

1985 A.D. - That pill is ineffective, take this antibiotic.

2000 A.D. - That antibiotic is artificial. Here, eat this root.

Parents Beware!

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

Trick Number 7: Give it BBC credibility

What could be better than a link up with the BBC? This highly prestigious name is a by-word for public-service ethic, impartiality and absence of advertiser pressure. It even has advice lines on health and welfare.

But wait! Added to this impeccable list are some grubbier items: the BBC is now endorsing children's food products – like United Biscuits' Teletubbies Custard Creams and

Teletubbies Choco-shaped cereal; and like Cadbury's Tweenies Milk Chocolate Mini Figures.

Teletubbies chocolate cereal has a 40% sugar content, and the custard cream biscuits are 23% fat. The Tweenies are almost entirely sugar and fat!

Rightly, the BBC has been heavily criticized for franchising its name to such appallingly bad products – and for children to boot!

Recipe

This delicious dessert is great for serving at a special meal.

Raspberry Fairy Cake

serves 6



Ingredients:

Small punnet (5 ½ oz, 160g) fresh raspberries

2 egg whites (free range, omega-3 rich)

1 ½ oz (40g) fructose

2 oz (55g) almond powder

Method

Separate the egg whites and bring to room temperature.

Check the raspberries for cleanliness, wiping as necessary, don't wash.

Beat the egg whites to a stiff consistency.

Slowly add the fructose still while beating.

Fold in the almond powder

Set aside six raspberries for decoration.

Fold in the remaining raspberries. Lightly oil a 6-mold muffin (fairy cake) tray.

Put the mixture into each of the molds, heaping high.

Cook in an oven preheated to 340° F (175° C) for 20 minutes.

Remove the tray from the oven and set aside to cool for 5 to 10 minutes.

De-mold the 6 raspberry cakes. Decorate each cake with one raspberry and serve.

Comment

This dish uses only Natural Eating conforming ingredients. It makes a fine dessert. Don't allow yourself to be carried away by the delicious tastiness of it! It is still concentrated food so it should be eaten with slow relish and in modest amounts.

Questions

Drinking and Fruit

Q. *On page 102 of the Book, you mention the 'digestive difficulties' of drinking on top of fruit. Can you explain more?*

A. Many people observe that they get feelings of nausea, indigestion or 'leaden' feeling in the stomach when they drink on top of fruit. The phenomenon definitely exists as many people can personally testify. However why this might be, or what exactly are the physiological reasons, no one has yet ascertained. We draw your attention to this possibility so that you can take appropriate action if you are affected.

Swede by Any Other Name

Q. *How is swede rated as a foodstuff?*

A. It's in the book – but under its American name 'rutabaga'. Rutabaga is a high glycemic food to be consumed sparingly.

As a minor, flavorful component in a vegetable hot-pot or as a side dish it is OK. But don't go overboard on it.

We know of quite a few children who will be happy to hear that!

Buckwheat for Candida

Q. *I have candida but wonder if it is all right to eat buckwheat. How does buckwheat rate? Its glycemic index is middling.*

A. How dangerously do you want to live? Candida is an implacable foe that gives no quarter. When you fight candida, give no hostage to fortune!

Buckwheat may 'only' have a borderline glycemic index of

around 55, but that is not the main point -- it is high in starches, which the candida in your gut will just thrive on. In fact it is one of the most micro-nutrient poor, highest starch cereals around.

Don't even think of eating it!

Pilchard for Health

Q. *What is pilchard? Is it classed as an 'oily' fish?*

A. Pilchard is the name for a large variety of sardine found off British waters. As such it is an 'oily' fish, rich in omega-3 oils and Natural Eating conforming.

Pumpkin Seed

Q. *Pumpkin seeds contain omega 6 oil. Is the level too high for them to be considered as a suitable part of the diet?*

A. Bottom-line -- YES. Pumpkin seeds are rich in fat (some 45%) and the active fats are chiefly Omega 6 (some 20%). The all-important Omega 3 is a derisory and scarcely measurable 0.2%.

But if you are just going to sprinkle a few pumpkin seeds onto a vegetable dish for flavor or appearance its not a big deal.

Marine Foods

Q. *What is the situation with regards to seaweed and sea vegetables?*

A. We know that human evolution took place in a sea-free area. So there is no reason to insist that sea plants should be part of the diet.

On the other hand, they might be fine. One or two societies, notably the Irish and Japanese have made seaweed a part of their cuisine. But it is rarely

consumed in anything more than 'garnish quantities'.

Seaweed has been analyzed to establish its main nutrient content. Some, like *wakame* have an unacceptably high sodium content. They all have a high iodine content. This can be either good or bad. Iodine excess is just as bad as deficiency.

Other species: *agar*, *spirulina*, *Irish moss*, *laver* and *kelp* as well as *wakame* are all equivalent in nutrients, as far as we know, to terrestrial vegetation such as cabbage.

We think that seaweed is an acceptable addition to the diet in moderate amounts – but you don't have to go out of your way to eat it either.

Supplement Mania

Q. *I know that ideally supplements would be unnecessary. I follow the diet pretty well and I take the following supplements:*

Morning: a multivitamin; a vitamin C (500 mg); a Ca, Mg and Zn tablet (333, 133, 5 mg respectively); an aspirin (325 mg); a flax oil capsule (1000 mg).

Afternoon: a selenium (200 mg) tablet; a natural vitamin E (400 mg) capsule; a Ca, Mg, Zn tablet again and flax oil again.

I have decided to cut out the combined calcium tablet. The selenium I will keep taking but I don't know about the multivitamin.

A. With all those pills I'm surprised you don't rattle! You know the message – save your money and get your micro-nutrients from what you eat!

For the very restricted list of elements that it might be helpful to top up on, check the Manual.

Galvanized by Zinc

Q. *Should I get zinc by itself? Is it hard to get through food?*

A. Zinc is easy enough to get through food – provided you eat naturally!

However, it is such an essential element that taking small top-up doses can be a useful safe-guard. We recommend no more than 15 mg/day (not easy to find). Zinc in excess is harmful too. Once again, check out the Manual for a complete run-down.

Vegetable Oil Savvy

Q. *What are polyunsaturated vegetable oils – we are told that they are healthful – but you say it is not as simple as that.*

A. Polyunsaturated oils can be either omega 6 or omega 3 or some mixture of the two. They are both important to health and it is only bad when one dominates -- as omega 6 does in the western diet.

Sorcerer's Apprentice

Tofu for Tumors

Beans are a modern foodstuff that were never part of our ancestral diet. They contain many plant toxins ("anti-nutrients") to which humans have never developed a resistance.

Soy is such a bean but the marketing men have managed to turn this disadvantage into a benefit!

For example, 'genistein' is one such antinutrient. But in spite of

that, it is much advertised as a plant estrogen with helpful properties, particularly for menopausal women.

However, THREE recent studies¹, show that soy genistein, in various forms, is a potent breast tumor stimulator.

Moral? Don't listen to those seductive marketing messages – do right – eat naturally and shun soy products.

Food Label

"Sportea"

This is a drink that is sold as a safe, innocent, healthy, even sportive and stimulating drink. Let's see what it is all about.

The active ingredients of Sportea are 'maté' and 'ginseng'.

Maté is a tea-like beverage, brewed from the leaves of a South American evergreen shrub related to holly.

It makes a stimulating drink, greenish in color, containing caffeine and tannin, and is less astringent than tea.

The ginseng root has long been used as a drug in China and as the ingredient for a stimulating tea.

Ginseng increases the brain's adrenocorticotrophic hormone (ACTH) which in turn stimulates mental alertness.

Bottom line? Sportea is a stimulating drink that manipulates brain chemistry better than ordinary caffeinated teas.

¹ Journal of Nutrition (November); Carcinogenesis (October); Cancer Research (July)

This is fine, so long as you realize that it is not entirely innocent and that it does have pharmacological, mind-altering properties.

Geoff Bond Replies

Weight Training

S.F. *What is your opinion of working out with weights to tone and build muscles? It isn't really "natural," but do you think it is unhealthy?*

Do I need to eat loads of protein? I want to "pump up" a little while still adhering, as close as possible, to the principles of Natural Eating.

G.B. We can be fairly confident that our Pleistocene ancestors were not doing three sets of 10 bench presses with an antelope carcass! On the other hand, in today's dysfunctional lifestyle, we have to find our exercise where we can get it.

In this light, weight training can be an important part of the exercise we should all be getting in this sedentary society.

I personally weight train at least three times a week and make no special concessions to my diet – and I am well muscled.

Follow the advice of your fitness trainer to make sure you are exercising correctly.

It is a fallacy, (much encouraged by the suppliers of 'power' supplements) that we need to somehow 'push' protein into our muscles.

The truth is the opposite. Make our muscles 'demand' protein, and the body will find it.

As those famous deep-voiced, hairy, female Russian shot-putters showed, it is what your *hormones* are doing that decides whether you build muscle – and I'd advise you not to mess with those.

We have a number of Natural Eaters who are bodybuilders. We even have an extreme endurance athlete who does iron-man triathlons.

But don't kid yourself on the calorie business. You would be hard put to it to spend more than 200 calories in heavyweight training work out. That translates to an increase of just 10% of your food intake across the board.

The message is very simple: just hew to the Natural Eating pattern – just eat more of the same if you need to!

This America

Fitness or Fatness?

We've all been watching the Afghan militia scampering over hillsides in their hide-and-seek battles. How many of you are struck how thin – even emaciated – the soldiers are.

Then cut to the US forces – well fed and, dare we say it, looking slightly plump...

If you are wondering how fit our soldiers are for battle, so are the military. A recent survey showed that a full **58%** of personnel are 'militarily overweight'.

"The weight problem is highest in the Navy and lowest in the Marines", said a spokesman.

Oh well – that's all right then. Or will we see the day when soldiers are so obese that they

go into battle mounted on motorized Bath chairs?

It sounds laughable, but already in Civvy Street supermarkets have adapted to the reality of so many obese citizens by providing fleets of electric wheelchairs at the entrance.

Food Policy

King Sugar

With all the hunger in the world, can you guess what is the most important food crop worldwide?

It is none other than... sugar! It heads the list at *1.5 billion tons* per year.

Way ahead of the next most important – wheat, rice and corn (maize) at 0.5 billion tons each. Even the potato only weighs in at 275 million tons.

What a scandal. That sugar, such a potent health destroyer, should *dominate* food production! What a terrible priority -- to *encourage* sugar production. The US senate has just approved yet more *subsidies* to sugar producers.

Just imagine the outcry if the USDA subsidized cocaine and heroine farming!

Food Deception

Bragg's Mystery Salt

This is Braggs' answer to last month's feature about what their 'liquid amino seasoning' really is.

Soybeans are ground up, made into a slurry and mildly heated. During hydrolysis the soybean slurry turns brown. The removed soy extract is diluted to produce Braggs Liquid Aminos. Nothing else is added or subtracted.

So now you know! However it still doesn't explain where all

that sodium (14%) comes from. 'Hydrolysis' by the way just means that the proteins have been broken down into their component amino acids.

Anthropological Notes

Melting Pot to Balkans

"Balkanization: to break up a region into smaller, mutually hostile units" – Webster.

We often refer to our naturally adapted heritage to gain an insight into our ideal eating and exercise pattern.

Social scientists are reluctantly recognizing that they can do the same to gain a better understanding of how populations can learn to get along.

"Reluctantly", because most of the conclusions are exactly the opposite to the preachings of social engineers for the last 40 years.

Using data from the 1990 census, researchers² have discovered that Americans are integrating far less than they did in the 18th and 19th Centuries.

Reasons? For the last 40 years:

- America has been favoring (and amnestying) immigration from a new set of countries whose cultures resist inter-marriage with the host population and,
- the social engineers' theories of multiculturalism have encouraged groups to stay separate.

"The result will be an increasingly balkanized America," says

² Lichter et al; Social Science Research; Vol. 30, No. 2, June 1, 2001

Daniel Lichter, sociology professor, Ohio State.
Our view? Too true! Humans are creatures that are genetically programmed to be very tribal and territorial. It takes a huge pressure to cause disparate groups to integrate against their natural inclinations. Since the 1960's, America has abandoned those policies of coercion.

The days are numbered that America can barge into foreign trouble spots and impose her ideal of a 'multiethnic society'. She will be too preoccupied by her own internal ethnic dissension that, sadly, her own policies will have brought about.

Talk Report

William Edelen Seminar

Geoff Bond stepped into the breach at short notice when Bill Edelen unexpectedly developed laryngitis.

Geoff's talk was brought forward from December 2nd to November 18th. Geoff gave a storming performance to an audience that quickly accepted the change in program.

Apologies to all those who thought that they would hear Geoff on December 2nd.

Hints & Tips

Sugar by any Other Name

Having difficulty cutting bread, potato and cereals out of your diet?

Try this little mind game. Each time you are tempted to consume these starches just think of them as *Sugar*.

This is not just a trick – starch is made of sugar molecules strung end to end!

For example:

2 slices bread = 6 tsp. sugar.
½ cup All Bran = 8 tsp. sugar.
½ cup cornflakes = 7 tsp sugar.
1 baked potato = 4 tsp. sugar.

From Page 1

Breen Cartoon

In today's pampered world the 'going is good' all the time. We have to *discipline ourselves* NOT to stock up.

This Christmas time of feasting is the moment to remember that it should be just that – an exceptional time for enjoyment of abundance.

Cartoon: © 2001 Aspbury Park Press

Upcoming Events

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

www.naturaleater.com

Radio (USA)

Jan 9th. 10:15 – 10:30

V.J.'s Corner, Station KXWY
98.5 FM. 1340 AM. P. Springs.

Talk (USA):

Thurs Jan 3, 09:30 – 11:00
Humanity's Diet – Food to Reverse the Ills of Aging.

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

Humanity's diet – how the Food Pyramid makes us sick.

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

Entry: Open, Free

Info: 1-888-240 3493