

NATURAL EATING NATURAL EATING NATURAL EATINGwww.naturaleater.comwww.savvyeater.com

Straight from the Shoulder Advice. We accept no reward from companies mentioned in this newsletter.
We are independent of commercial pressure and say exactly what we think.

Reviews: Purpose Magazine. **Republished Cookbook:** Healthy Cooking with the Bond Girl. **Buyer Beware:** Burger King Veggie Burger. **Anniversary:** Newsletter's Four Years. **New Foreign Edition:** Russia. **Q&A:** Human Growth Hormone Scam; Soy/Prostate Cancer; Eggs/Cholesterol. **Buyer Beware:** Heinz Spaghetti 'vegetables'. **Infant Nutrition:** Beech-Nut's Healthier Formula. **Natural Eating Planner.** Daily Meal Planner. **Events. Resources.**

What People Say**Magazine Book Review**

".... Natural Eating shows how Americans have been duped by a money-driven food industry into believing that the common ailments of man have been around since the dawn of time.

In turn, we spend billions of dollars to correct these problems with pharmaceuticals, dietary supplements, and herbals.

At last, here is a comprehensive book addressing the issues of nutritional health that will empower you to take control of your diet and set you on the path of physical harmony...."

PURPOSE MAGAZINE MARCH 2002

New Cookbook Format

The 1st Big Cookbook has been republished in a handier, comb-bound, hardback format called 'Healthy Cooking with the Bond Girl'. At **\$14.95** it is cheaper too! It also makes a fine present for friends and family. **Order – p. 6.**

**Meaningful Chuckle****Spot the Fallacy**

A) The Japanese eat LITTLE fat and suffer fewer heart attacks than the British or Americans.

B) The French eat LOTS of fat and also suffer fewer heart attacks than the British or Americans.

C) The Japanese drink LITTLE red wine and suffer fewer heart attacks than the British or Americans.

D) The French drink LOTS of red wine and suffer fewer heart attacks than the British or Americans.

Conclusion? Eat and drink what you like. It's speaking English that kills you!

Buyer Beware!**Veggie Burger Garbage**

Nutritionally, the new Burger King meatless 'Veggie' has little to recommend it. The patty alone is composed of an astonishing 48 ingredients, including such marvels of modern food science as 'sodium acid pyrophosphate' and 'hydrolyzed corn gluten'.

Continued page 5

Anniversary**Newsletter Birthday**

This issue completes four years of the Natural Eating newsletter. It has undergone a number of changes and improvements over the years and our readership has remained very loyal.

Indeed, we have not lost a single one of our subscribers who started with the first issue in May 1998. – And we have gained members steadily ever since.

We are really proud of this record. It tells us that we are responding reliably to a deep-felt need for integrity and clarity in this, our dysfunctional food environment.

New Foreign Edition

????? ??????

The publisher, Airis Press of Moscow, has reached agreement with Geoff Bond for publishing "Natural Eating" in the Russian Federation.

We look forward to bringing the benefits of the Natural Eating insights to Russian sausage-and-dumpling eaters. Some challenge!

Recipe

No recipe this month – we have given over the space to the Meal Planner on page 4. We are sure that readers will appreciate the change of emphasis this time.

Questions

Human Growth Hormone Scam

Q. *I received an e-mail from a producer of HGH (Human Growth Hormone). Can you enlighten me:*

(1) whether this type of product is effective?

(2) if any of the other products on the market are more likely to produce the desired results?

A. There is a huge amount of duplicitous publicity going the rounds at the moment vaunting the benefits of Human Growth Hormone (HGH).

HGH is claimed to improve everything from eyesight to energy and from wrinkles to sexual performance. To read the advertisements, one wonders why it is not an obligatory 'enrichment' to breakfast cereal!

This new 'wonder-drug' is wheeled out as the latest scientific breakthrough. A study in the New England Journal of Medicine is cited to support all these extravagant claims.

So what is wrong with all this? Let's take it from the top:

a) Human Growth Hormone is a very powerful substance that is only administered in highly limited circumstances by qualified medical practitioners. It has to be injected and the patient has to be monitored very carefully for any nasty side effects.

So what is being sold here? Not HGH at all! Instead it is a witch's brew of "amino acids and natural gland extractions". We are not even told what these are. Certainly the vendor makes absolutely **NO** claim that the effectiveness is supported by medical trials. So we can be sure that this snake oil is **INEFFECTIVE**.

b) This sudden medical breakthrough is not so sudden at all. The article in the New England Journal of Medicine appeared as long ago as 1990!

This study indeed demonstrated some of the effects of true HGH – but only on men over 60 who had pathologically low levels of HGH in their blood in the first place.

Furthermore, these trials demonstrated that HGH is only helpful in restoring some lean mass and in reducing some skin thinning and fat cell tissue. It had absolutely nothing to say about wrinkles, eyesight, energy or sexual performance.

Bottom Line: These so-called HGH products are nothing but expensive yet ineffective nostrums. The misdirection and deception techniques used to promote them are nothing short of scandalous. But how is anyone from the general public to find that out? – Just keep up your subscription to this journal!

The Fix: What about Natural Eating – does that help?

It sure does! Dietary errors dramatically **DEPRESS** our own internal production of Human Growth Hormone.

What are these errors? None other than the consumption of grains and cereals! The anti-nutrient "lectins" in wheat, rye,

rice, oats and barley are terrible disrupters of our pituitary gland's own production of HGH.

The remedy is simple: follow the Natural Eating precepts and eliminate all cereals, bread and bakery products from the diet.

Soy – Prostate Cancer

Q. *I have a family history of prostate cancer and a urologist advised me to take soy. I have religiously used tofu, soy powder and lately soy drink in my diet.*

Your report on soy terrorizes me. How do you relate your references to the claims made for the health of the Japanese compared to us and attributed to soy products?

The many contradictory claims we see daily sure leave one confused and frustrated.

A. In the grand scheme of things, consumption of soy is a modest sin. Soy has been associated with breast cancer but, as far as we know, not with prostate cancer. Soy is simply not a miracle food for all the reasons evoked in earlier newsletters.

However, prostate cancer HAS been linked to a number of other dietary errors, such as milk consumption. So make sure that you avoid dairy products.

The slipshod logic of the kind that says, "The Japanese live long and eat soy; therefore soy is good", is just underhand, self-serving propaganda from soy producers.

You could equally say that the Japanese smoke a lot (which they do) so we should all smoke for a long, healthy life. Ridiculous – and even the

tobacco industry doesn't try that on a gullible public.

See 'Meaningful Chuckle' on page 1.

Eggs – Cholesterol

Q. One point that has challenged me is your encouragement of the use of eggs. I have really missed them since eliminating them when my high cholesterol was identified over 15 years ago.

In my mind they have one of the highest saturated fat contents, which I have accepted as the major contributor to raising cholesterol level. Am I missing something?

A. Yes you are – but you are not alone! So many confusing messages – how is anyone to make sense of them?

As a Natural Eater, our starting point is to ask whether eggs are a part of our naturally adapted diet. The answer is an emphatic "yes!".

So why should eggs be given such a bad name? The answer lies in the cholesterol myth.

Three decades ago, cholesterol was shown to be the material that is deposited in diseased arteries. Cholesterol is found in eggs; therefore eggs are artery dangerous, right? WRONG!

This is another example of sloppy logic. (see 'Meaningful Chuckle', page 1.)

Listen to this: there has never been found any connection between cholesterol levels and cardiovascular disease.

This is not just us saying it. **Even the makers of cholesterol-lowering drugs say it!** Just watch the TV commercials for Lipitor and pay attention to the

rapidly spoken disclaimers at the end.

Now hear this: the cholesterol in eggs doesn't even make it into the bloodstream! There is a host of studies to show that eating eggs does **NOT** raise cholesterol levels. We reported on the most recent¹ in our newsletter of November 2001.

Finally, another misconception about *saturated* fat in eggs. They actually contain very little – about 1 gram per egg – no problem there either.

So eat your eggs with gusto just ensure that you get free-range, omega-3 rich ones.

Buyer Beware!

Heinz Deception

Spaghetti shapes to count as 'vegetables' in official guidelines

British health experts were astounded to learn that canned spaghetti shapes in tomato sauce can now count towards the recommended daily intake of five servings of fruit and vegetables.

Backed by the Department of Health, the British Dietetic Association (BDA) has given food manufacturer Heinz the green light to label more than 70 canned food products as counting towards the recommended servings.

Considering that many of the products in question contain high levels of salt, sugar and fat, specialists in heart disease are appalled.

Worse – how on earth can a high starch, high glycemic product like canned spaghetti be considered a 'vegetable'?

It just goes to show how even our gatekeepers cave into pressure from the food industry.

¹ Koo et al; US patent no. 6,248,728

Not only have they lost all credibility, they even distort the meaning of the English language!

Infant Nutrition

Baby Formula Improvement

Beech-Nut Nutrition Corp. has launched the first baby food that contains two important fatty acids naturally found in breast milk, DHA and ARA.

Intended for babies age six months and older, First Advantage™ baby foods are a "nutritional breakthrough -- these nutrients are important building blocks of the central nervous system".

Comment: for babies, DHA and ARA are 'essential' fatty acids; they cannot make them in their immature bodies. This has been known for some time. What other 'essential' nutrients are bottle-fed babies being deprived of?

Natural Eating Planner

New Tool!

We are making a new tool to help Natural Eaters plan their meals and stay on message. We publish just one sheet of the schedule and we would be happy to hear of members' experience of using it.

There will be three categories: **Beginner, Intermediate and Advanced.**

For each category there will be "Preferred Foods" and "Foods to Avoid".

On the following page is a meal planner for just **ONE DAY.** Check off the boxes as you consume each serving.

BEGINNER

Daily Meal Planner

DAY 1

PREFERRED FOODS – UNLIMITED

Eat at least all these servings

Optional servings **MORE IS BETTER**

| | | | | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Good Fruits - eat alone - e.g. apples, pears, cherries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Good Salads - e.g. lettuce, cucumber, tomato | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Good Vegetables - e.g. broccoli, cauliflower | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Good Drinks - e.g. water, tea – black, green, herbal | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Good Herbs and Condiments e.g. oregano, basil | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

PREFERRED FOODS – RESTRICTED

Eat all these servings

Optional servings (BUT NO MORE THAN SHOWN)

| | | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Good Proteins e.g. poultry breast, raw nuts, tuna | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Good Oils e.g. Canola, flax. 1 Tbsp. | <input type="checkbox"/> | <input type="checkbox"/> | | | | |
| Fruits - restricted; eat alone. e.g. melon, pineapple | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| Vegetables – restricted. e.g. carrot, parsnip | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| Salads – restricted. e.g. beets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| Drinks – restricted. e.g. red wine, coffee | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| Herbs and Condiments - e.g. Bond ketchup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| Confectionary – authorized (e.g. dark chocolate) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | |

FOODS TO AVOID

NONE IS BEST

Eat no more than THREE of these...

And no more than FOUR of these

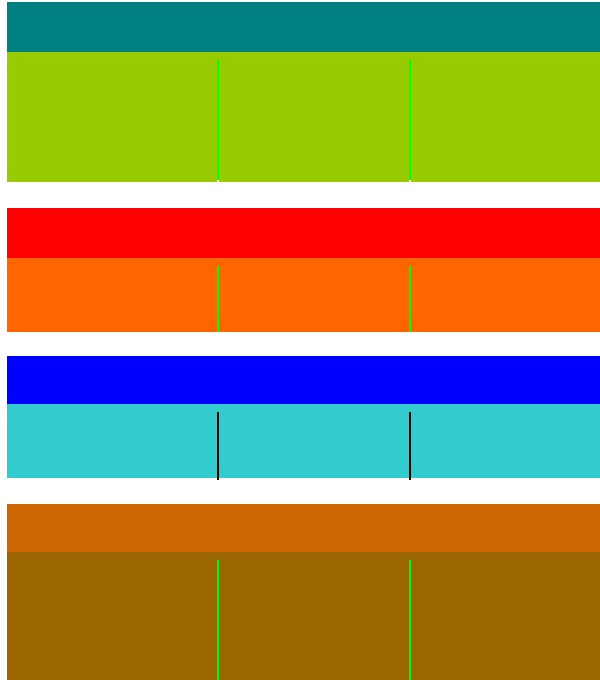
| | | |
|--|--------------------------|--------------------------|
| Dairy – Full Fat including ice cream (1 cup milk, yogurt; 2 oz cheese) | <input type="checkbox"/> | <input type="checkbox"/> |
| Dairy – Low Fat including ice cream - 1 cup milk, yogurt; 2 oz cheese | <input type="checkbox"/> | <input type="checkbox"/> |
| Bad Fats and Oils - e.g. butter, corn oil, cream - 1 Tbsp. | <input type="checkbox"/> | <input type="checkbox"/> |
| Bad Proteins - don' t mix with fruit or starch – e.g. pork, beef, sausage – 4oz | <input type="checkbox"/> | <input type="checkbox"/> |
| Bad Vegetables - e.g. potato, French fries – 4 oz | <input type="checkbox"/> | <input type="checkbox"/> |
| Sugars and Bad Confectionary - don' t mix with fruit or protein - 1 Tbsp | <input type="checkbox"/> | <input type="checkbox"/> |
| Cereals, Grains, Bakery - e.g. bread 1 sl., cornflakes 1 oz, rice ½ cup ckd. | <input type="checkbox"/> | <input type="checkbox"/> |
| Legumes - e.g. lentils, beans 1 cup cooked | <input type="checkbox"/> | <input type="checkbox"/> |
| Cookies, Cakes - e.g. 2 cookies, 1 thin slice cake 3 oz) | <input type="checkbox"/> | <input type="checkbox"/> |
| Bad Drinks - e.g. beer, fruit juices, sugary sodas, milk. - 12 oz | <input type="checkbox"/> | <input type="checkbox"/> |
| Fast Food - e.g. pizza 1 slice, 1 hot dog, 1 burger, 2 chicken wings | <input type="checkbox"/> | <input type="checkbox"/> |

Remember, these guidelines are for 'beginners'. As the planner moves through 'intermediate' to 'advanced', so your habits will get closer to the ideal.

Definitions: The definitions of "unlimited good" foods, "restricted good" foods and "bad" foods are to be found in the Natural Eating Book. The finished meal planner will have a quick-view summary.

Servings: For each day, make sure that you consume the servings shown and check them off on your schedule. Serving sizes are as identified by the USDA and, for desserts and confectionary, by us. Opposite is a quick reference:

Exercise too has its place in a healthy lifestyle and so there will be similar check sheets for various categories.



From Page 1

Veggie Burger

Combined with its nutritionally deficient, refined-flour bun, the sandwich reflects the ingenuity of its engineers more than it does Burger King's concern for the health of its customers.

Promoters of the BK Veggie are doing the public a serious disservice by suggesting that it is anything other than a highly processed, nutritionally deficient junk food that just happens to be meatless.

Well, yes, it is a step, but a step toward what, exactly? A nation in which animal-based foods are replaced by plant foods that bear little resemblance to actual plants?

We should be producing food in its whole, unadulterated form—as nature intended. Pinning our hopes on Burger King's latest junk food amounts to a depressing surrender of the imagination.

Upcoming Events

Contact us for further details.
Visit us on the Web!
www.naturaleater.com
Info: 1-888-240 3493

BOOK SIGNING
Saturday, May 4th 1:00 pm
Borders Books and Music
South Coast Plaza, 3333 Bear Street
COSTA MESA, CA 92626
Info: 1-888-240-3493

TELEVISION INTERVIEW
May 8th to May 14th – repeats weekdays **8:30 am and 6:30 pm**
"Valley Views" with Pattie Caruso
Time Warner Channel 10
(Palm Springs area)
Info: 1-888-240-3493

TALK
Fri. May 17, 10:00 – 11:30 am
"Reversing the Ills of Aging"
La Quinta Senior Center
78-450 Avenida La Fonda
La Quinta, California
Entry: Open, Free
Info: 1-888-240-3493

BOOK SIGNING
Saturday May 18th, 2:00 pm
Borders Books and Music
71800 Highway 111
Rancho Mirage, CA 92270
Info: 1-888-240-3493

TALK
Thursday May 23rd, 9:30 am
"Conventional Nutritional Advice makes us sick! – Claim Back the health and longevity that is your heritage"
Mizell Senior Center
480 S. Sunrise Way
Palm Springs
Entry: Open, Free
Info: 1-888-240-3493

TALK
Tuesday May 28, 7:30 pm
"How to use Food to Beat Back Cancer and other Diseases"
Cancer Survivors and Friends
100, E. Carrillo
Santa Barbara
Entry: Open, Free
Info: 1-888-240-3493

NEW! Check our site for the downloadable Natural Eating System! www.savvyeater.com

| RESOURCES | qty | US\$ | Amount |
|--|-----|------------------|--------|
| The Book: The ‘ Bible’ to Natural Eating. ISBN: 0-9712852-4-1 | | 19.95 | |
| The Book: German edition. hardback, full color. ISBN 3-89530-064-0 | | 25.00 | |
| The Introductory Guide: the easy-to-read essence of Natural Eating. ISBN 0-9712852-5. | | 9.95 | |
| New easy price too! | | 7.95 | |
| Healthy Cooking with the Bond Girl – NEW HARDBACK, COMB-BOUND FORMAT AT A CHEAPER PRICE! Over 80 delicious conforming recipes. ISBN 0-9712852-3-3 | | 19.95 | |
| | | 14.95 | |
| The Toolbox/Manual: The indispensable guide for the serious practitioner. ISBN 0-971285-1-7 | | 19.95 | |
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| The Newsletter: 12 monthly issues: Mail (S&H required) | | 52.50 | |
| Web Download: (See ‘ membership’) | | 18.00 | |
| SYSTEM BUNDLE: A VALUE OF \$82.80! | | 82.80 | |
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| \$59.01 to \$89.00 | S&H | 8.50 | |
| (Ask about special rates for special delivery, bulk orders and book rate.) | | | |
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