

## NATURAL EATING NATURAL EATING NATURAL EATING



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**Witness:** Chris Clayton. **Lifestyle:** Smoking deranges. **Public Health:** Obesity costs. **Food Supply:** Poultry Antibiotic. **Food/Disease:** Omega 6 deranges; Grain Fungus Cancer. **Q&A:** Chimp meat and Foliage; Quorn; Apple Sweetness. **Food/Disease:** High Carb Myopia; Gluten Ataxia; Low Calorie Cancer Reduction; Oily fish/Arrhythmia. **Hints & Tips:** Kids Produce; Wild Fish Savvy; Label Laziness. **Vanity Fair:** Botox. **Exercise/Cancer:** Cancer and Fitness. **Talk Report:** Cancer Victors. **Exercise Planner.**

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### What People Say

#### From Chris Clayton

“Let me thank you for developing the Natural Eating principles. I cannot begin to tell you how much it has changed my life. I am at the peak of health. Thanks!”

### Lifestyle

#### Smoke Gets in your Mind

In separate studies<sup>1</sup> Karen Lasser and Elizabeth Goodman have come up with some startling conclusions.

Smoking actually *increases* mental disorders. This is contrary to the received wisdom whereby mentally distressed people take up smoking to find comfort.

Mentally healthy adolescents who took up smoking had a four times greater incidence of depression, panic attacks, schizophrenia and phobias than those who abstained.

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### Public Health

#### Death by a 1000 Cuts

Obesity costs the American public more than tobacco related diseases<sup>2</sup>. Reason? Tobacco kills more quickly. Even so, being obese adds 20 years to a person's biological age.

### Our Food Supply

#### Chicken Antibiotic Retreat

Tyson Foods, Perdue Farms and Foster Farms (who between them produce a third of all US chickens) have quietly stopped using Baytril and Cipro, both antibiotics manufactured by Bayer A.G.

A change of heart? Only due to the refusal of McDonalds, Wendy's and Popeye's to buy antibiotic chicken.

It is estimated that 26.6 million pounds of antibiotics are used each year in the poultry industry. So how do you ensure your supermarket chicken is antibiotic free?

**Buy organic!**

### Food/Disease Links

#### Omega Oil Unbalances

There is a growing body of evidence<sup>3</sup> that links low omega-3 intakes to manic-depression, suicide and post-natal depression.

Harvard researchers gave two groups of hospitalized depressed patients diets that were high in omega-3 and omega-6, respectively. The results were so dramatic that after three months, the scientists were directed by a research oversight committee to stop the experiment and allow all the subjects to take omega-3.

**Continued page 4**

#### Grain Fungus Provokes Testicular Cancer

Mothers who have diets high in grains (or pork from pigs fed on grains) run the risk of their male babies getting testicular cancer later in life from ochratoxin A poisoning<sup>4</sup> produced by a mold.

**Continued page 5**

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<sup>1</sup> New Scientist; April 12 2002

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<sup>2</sup> Sturm; Health Affairs; March 2002

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<sup>3</sup> Hibbeln; NIH Presentation; April 17 2002

<sup>4</sup> Schwartz; Cancer Causes; February 2002

### Recipe

*No recipe again this month – we have given over the space to the Exercise Planner on page 5. We are sure that readers will appreciate the change of emphasis this time.*

### Questions

#### Chimp's Meat with Foliage

**Q.** *Chimpanzees, who share over 98% DNA with us, eat meat on occasion. It seems that after eating flesh they immediately eat foliage: leaves and whatever is closest to them, even if it isn't part of their normal diet. Are the chimps responding to instinctual drives to eat plant material to help with the digestion of the meat?*

**A.** As described in the Book, Chapter 3, male chimpanzees do, at various special times of the year go in for hunting – apparently in connection with male power struggles and female seduction. Both genders then partake of the meat.

Is this a model for humans? Yes and No.

Yes, because we now understand that the human male's preoccupation with hunting is everything to do with male power struggles. And the best hunter (showing prowess ingenuity, heroism, strength etc...) was the one that got the females. However the actual contribution of hunted meat to the annual diet was very modest.

No, in the sense that, unlike chimpanzees, 'animal matter' just gathered in the form of bugs, shellfish, eggs, tortoises etc..., was an important, continuous and daily part of the human diet.

As for the chimpanzee's consumption of foliage after meat, this is a new assertion for us. It is certainly plausible that this aids transit through the digestive tract and it ties in with what we know about the human digestion: we need a high throughput of soluble fiber-rich plant food.

#### Quorn Comes To America

**Q.** *What is this new vegetarian meat substitute called Quorn? Is it safe? What are your views?*

**A.** We have written briefly, but approvingly, about Quorn in our newsletters of September 2000 and January 2002. Now it has become freely available in America and people want to know more.

Europeans have been eating Quorn nuggets, cutlets, and patties for 16 years. Many say it tastes like chicken.

Quorn, manufactured by Marlow Food, England, is a meat substitute made from a kind of a fungus. It is grown in fermentation tanks and processed into a low-fat, protein-rich substance that has some of the texture of meat.

Twenty million Europeans have tried it, consuming nearly a billion portions.

Now Quorn has come to America. Since January, Americans have bought half a million boxes in health food stores and supermarkets.

A major question is Quorn's labeling, which says its chief ingredient "comes from a small, unassuming member of the mushroom family." True, a mushroom is a fungus, and so is Quorn.

The fungus that makes Quorn is *Fusarium venenatum*. It forms

fine filaments, which are a bit like muscle fibers and give Quorn the texture of meat. Quorn has been eaten over the past 16 years, with few problems.

In documents submitted to the F.D.A., Marlow Foods said it had received complaints from only 1 in 146,000 consumers. Of all the complaints only a tiny 1 in 3 million were genuine food allergies. This is far lower than that for more common foods like soy and fish or shellfish.

So many people have eaten Quorn (in Europe) that, last year, the F.D.A. agreed Marlow could market it in America under the category "generally recognized as safe". This is applied to many familiar foods that people have been eating for a long time.

#### Our View?

If you are into vegetarian meat 'look-alikes' then Quorn has to be, by far, the best of the bunch.

The alternatives, like soy and wheat gluten are biological nightmares and are definitely to be avoided.

The only caveat is to check what other ingredients are confectioned in the final meat-free Quorn product.

#### Apple Sweetness

**Q.** *Different varieties of apple are much sweeter than others. Are they more glycemic?*

**A.** For the moment it seems not (see Newsletter of March 2002). Many varieties of apple get their intense sweetness from a high proportion of fructose.

For example the sour Granny Smith actually has as much 'sugar' as the sweet Golden Delicious. It's just that, in the Granny Smith, a higher proportion of it is glucose and less fructose:

Variety	All Sugars	Of which Fructose
Cox's Pippin	11.4 %	49 %
Golden Delicious	10.8 %	65 %
Granny Smith	11.5 %	52 %
Red Dessert	13.0 %	60 %

Are these differences significant? So far, it would seem not. Apples of any variety are still good to include in your diet.

But do avoid juicing – that raises the glycemic index and it is too easy to over-consume apples like that in one go. The bad sugars hit the bloodstream too fast.

### Food-Disease Links

#### High Carb Diet makes Children Myopic

Refined starches, such as those found in bread and cereal, are making Western children short-sighted<sup>5</sup>.

The high glycemic diet raises insulin levels abnormally, which in turn cause the eyeball to develop abnormally.

Eskimos and Polynesians have seen myopia rates soar in recent years as they move to a Western diet.

The theory ties in with observations that people are more vulnerable to myopia if they are overweight or have adult-onset diabetes – both conditions with increased insulin levels.

**Our View?** The list of harms done to us by a high glycemic diet gets ever longer.

#### Wheat Gluten Sabotages Muscle Coordination

You may have wheat sensitivity and not even know it<sup>6</sup>. Loss of coordination (ataxia) results from consuming wheat gluten. It poisons certain types of brain neuron. This “disease” is known as gluten ataxia.

The researchers were surprised that wheat-induced loss of muscle coordination can happen even when other symptoms of gluten poisoning are not present – such as gastrointestinal upsets and itchy skin rashes.

**Our View?** This just confirms the topsy-turvy world our medical scientists live in. It is **NORMAL** to be poisoned by wheat. It is not a “disease”!

#### Low Calorie Diet reduces Intestinal Cancers in Mice

Many studies on humans as well as animals have shown how caloric restriction reduces cancerous cells.

The latest shows how mice allowed to eat all they want not only got fat, but they increased pre-cancerous intestinal cells by 2½ times! This was compared to mice on a diet of 60% of their calories.

**Our View?** Humans, like mice, will eat just as long as food is there. They too, do more than get fat, they develop cancers.

#### Omega-3 fight Arrhythmias

Daily consumption of omega-3 rich fish **HALVES** the risk of sudden death in heart attack survivors<sup>7</sup>.

As any Natural Eater knows... The omega-3 fatty acid regulates electrical activity in heart muscles!

### Hints and Tips

#### Focusing Kids on Produce

Put your kids in charge! On each shopping trip let them select one new fruit or vegetable. Let them be responsible for its preparation and telling the rest of the family about where it comes from, its nutritional value and its history.

It's a fun way to keep them focused while you are shopping – and to instill in them healthy habits from an early age.

#### Wild Fish Savvy

Patrick Garlepp, Ironman tri-athlete, fisherman and a long-time Natural Eater makes a good point about farmed salmon: they are fed with ‘chow’ that is mainly grains – and so their flesh is deficient in the ‘good’ omega-3 oils. (Another gross distortion of nature – salmon are carnivores – fancy feeding them on birdseed!)

Wild salmon, although more expensive, taste a lot better and still retain their ‘good’ oil profile.

Always look for the ‘Wild’ label. Garlepp says that “Atlantic” salmon is fish farmed and isn't caught wild in the Atlantic as one is given to suppose by duplicitous labeling.

#### Label Laziness

According to a new survey carried out by Purdue University on sales of genetically modified food, participants failed to read labels properly - even when left in a room with nothing else to do.

**Our View?** It all sounds only too plausible. Food labeling has only been introduced in the teeth of fierce opposition from the food industry. Make use of this hard won knowledge – **READ THE LABELS!** And when you've done that make sure you understand what they say...

<sup>5</sup> New Scientist; 04 April 2002.

<sup>6</sup> Neurology; April 23 2002

<sup>7</sup> Marchioli, Circulation; April 12 2002

**Vanity Fair**

**Botox Smooths Wrinkles**

It used to be that "botulism" was a dreaded form of food poisoning. For example, when several passengers on a Japanese airliner died from a contaminated crab meal, the head of catering committed suicide.

The neurotoxins (produced by a bacterium) work by paralyzing many muscles, including those for breathing.

BUT: "Poison is in the dose" – so said the great medieval medical thinker, Paracelsus.

And so the ever-inventive cosmetic industry has discovered that botulin (or 'botox') in tiny doses injected under the facial skin, disables the muscles that cause wrinkles, making these 'blemishes' disappear.

The effect is temporary, lasting for about three months.

**Our view?** It's a judgment call. Do you really want to paralyze little muscles for three months knowing there is a neurotoxin in the syringe?

**Exercise/Cancer Link**

**Unfit for Cancer**

Physically fit people are less likely to die of cancer – even smoking related lung cancer<sup>8</sup>. Over 25,000 men aged between 30 and 87 were studied for 10 years.

These were the REDUCTIONS compared to UNFIT people:

	High Fitness	Medium Fitness
All Cancers	- 55%	- 38%
Colon, Prostate, Leukemia	- 46%	- 34%
Lung, Mouth	- 66%	- 43%

To have 'medium' fitness, a person has to run 20 to 40 minutes, 3 to 5 times a week.

To have 'high' fitness a person would have to be at the recreationally competitive level.

As one might expect, the fittest people smoked least:

High fitness	10% smoked
Med Fitness	20% smoked
Unfit	33% smoked

Another study<sup>9</sup> on 7,500 men over 19 years in Britain found that there is no benefit with exercise that is less intense than 'medium'.

**Our View?** This fits in very well with our knowledge of the *exercise pattern* to which the human species is naturally adapted (Natural Eating Book, chapter 11).

It is significant that these studies were carried out on *men*. We would expect from evolutionary theory that *women* could get by with less exercise.

**Talk Report**

**Cancer Victors Hear Hope**

On Tuesday May 28<sup>th</sup>, an overflowing hall heard Geoff Bond give a rousing talk to a meeting of the Cancer Victors of Santa Barbara.

Geoff described what it means to be a human being in nutritional terms and how cancer is a disease of modern societies. He went on to show how cancer and other major diseases can be beaten back using the Natural Eating insights.

*"Thanks again for such a terrific presentation",* said chairman John Finch.

**From Page 1**

**Omega Oil Unbalances**

Omega-3 is critical to the growth of brain cell membranes. That is where all-important neurotransmitters bounce between cells, communicating all sorts of messages, including those related to feelings of well-being.

**Our View?** Yet another vindication of our crusade against the harm caused by the denaturing of our food supply to the point where it is making us so sick in so many unsuspected ways.

Omega-6 oil is an all-pervasive component of modern human diets that rely heavily on processed foods, grains and grain-fed farm animals.

On the other hand major depression is 60 times greater in New Zealand than in Japan where omega-3-rich fish consumption is 4 times as much.

**Moral?** The message doesn't change! Drive those omega-6 oils out of the diet at every opportunity. Move to Canola (rapeseed) and all the 'good' omega-3 oils. (Natural Eating Book pages 79 to 83.)

**Weekly Exercise**

**Prototype Exercise Planner**

Any weight-loss and healthy lifestyle has to incorporate exercise in accordance with our naturally adapted programming. This is a simple, step-by-step guide to ensure that you clock off the exercise in a way that suits your particular exercise habits.

Let us have your feedback. Is it easy to understand? Is it easy to use?

<sup>8</sup>Selby; J. Med Sp Ex.; May 2002

<sup>9</sup> B. J. Cancer; Nov. 2001

## Weekly Exercise Planner






### Healthy Aerobic Guidelines:
































































































































































- Warm up for 5 to 10 minutes before each aerobic activity
- Maintain exercise intensity for 30 to 45 minutes
- Gradually decrease the intensity of the workout, then stretch and cool down during the last 5 to 10 minutes.

## BEGINNER

## Week 1

### CHECK THESE ACTIVITIES OFF AS YOU DO THEM

Try to check off two red squares  per day. Check off at least 10 red squares  in a week. Optional blue squares : You can do these as well as red squares , instead of , or not at all.

Golf – 9 holes										
Dancing fast (15 – 20 mins)										
Basketball, Volleyball (15 – 20 mins)										
Walking briskly (15 – 20 mins)										
Washing Windows or Floors (15 – 20 mins)										
Swimming, water aerobics (15 – 20 mins)										
Tennis (15 – 20 mins)										
Shoveling snow (15 – 20 mins)										
Gardening (15 – 20 mins)										
Wash and Wax Car (15 – 20 mins)										
Jogging, running, squash – (15 – 20 mins)										
Swimming hard (15 – 20 mins)										
Cycling vigorously (15 – 20 mins)										
Manual laboring (15 – 20 mins)										
Weight Training (15 – 20 mins)										
Cycling hard, Power Walking (15 – 20 mins)										



### From Page 1

#### Smoke gets in your Mind

Another researcher Geoffrey Johnson of New York State Psychiatric Institute found that 16 year olds in good mental health who smoked a packet or more of cigarettes a day were 16 times more likely to develop panic disorder, 7 times more likely to become agoraphobic<sup>10</sup> and 5 times more likely to

<sup>10</sup> prone to panic attack in open or public spaces

develop generalized anxiety disorder (GAD) than people who stuck to less than one pack a day.

“It's more likely that smoking is a cause, not a consequence”, says Johnson.

#### Grain/Testicular Cancer

Is there no remedy? Remarkably, the much, and unjustly, maligned Aspartame has been found to be a great antidote to ochratoxin A!

Beta-carotene and vitamins C and E are useful too.

**Moral?** Stick to the Natural Eating Pattern and you won't be ingesting grains. To make assurance double sure, your diet will also be rich in all those micronutrient antagonists.

#### Upcoming Events

Geoff Bond is not doing any public appearances this month but check the 'events' button for breaking news at:

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

**NEW!** Check our site for the downloadable Natural Eating System! [www.savveater.com](http://www.savveater.com)

RESOURCES	qty	US\$	Amount
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<b>The Book: in the German language.</b> hardback, full color. ISBN 3-89530-064-0		25.00	
<b>The Introductory Guide:</b> the easy-to-read essence of Natural Eating. ISBN 0-971285-2-5.		<del>9.95</del>	
<b>New easy price too!</b>		7.95	
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US: Natural Eating LLC, PMB 171, 420 N. Nellis Blvd. #A3, Las Vegas, NV 89110, USA. Toll-Free: 1-888-240-3493; Fax: 760 328 8529  
 UK: Natural Eating Ltd, 7, Maxwellton Close, London NW7 3NA. Tel: 0208 959 7549; Fax: 0208 959 2110  
 Everywhere: e-mail: info@naturaleater.com; Web: www.naturaleater.com

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