

NATURAL EATING NATURAL EATING NATURAL EATING



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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.

Success Stories: Prostate Cancer. **Announcement:** New Cancer Site. **Farm Policy:** Meat Madness. **Ancient Diet:** Egyptian Quarrymen. **Q&A:** Goat's Milk. **Poll:** Fat Foolery. **Lifestyle:** Kid's TV. **Blood Sugar:** Vietnamese Foods. **Buyer Beware:** Kellogg's NutriGrain. **Canola Myths:** Insect Killer. **Letters:** Cahn's Geoff Bond Beer. **Hints:** Chocolate Rations. **Cancer Briefing:** Breast I. **Food Policy:** Organic Symbol. **GMO's:** Soy Allergy. **Tailpiece:** Out of Body. **Events.**

Success Stories

Larry Jones

Prostate Cancer Retreating

I was recently diagnosed with prostate cancer and I didn't want the conventional "slash and burn" medical treatment. I have seen too many people sicken and die as part of the "cure".

After 3 months of "serious" attention to the Natural Eating diet, I had a series of tests with these remarkable results!

	Then	Now
Cholesterol	223	190
HDL	36	42
LDL	158	133
VLDL	29	15
Triglycerides	143	76
Cancer indices	8.4	3.8
Weight	182	165

Congratulations, Larry. The cancer cells are vanquished and your other vital signs are showing huge improvement. You've lost overweight into the bargain!

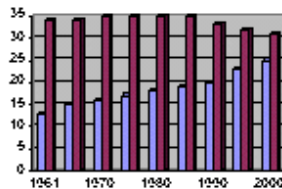
Announcement

New Cancer Site

In response to strong demand, we have created a new site, www.beatcancernaturally.com where you can download completely new and detailed information on beating cancer through the Natural Eating system.

The site is still undergoing trials and it will be continuously upgraded and improved over the coming months. Let us know what you think!

Farm Policy



When Meat Means Madness

Southern Europe's meat consumption (blue) is increasing fast, Northern Europe's (red) is high and stable.

Continued page 5

Ancient Diet

Egyptian Quarrymen

Mike Todd in his classic film 'Cleopatra' (Liz Taylor) showed how the Romans took control of Egypt and exploited their valuable stone quarries. But contrary to the myth perpetuated in the film, a research team finds¹ that the Romans didn't use slaves but paid the laborers well and fed them meals worthy of a gourmet restaurant.

The team found that the quarrymen ate olives, grapes, artichokes, bread, olive oil, onions, garlic, snails, oysters, piglets, chickens, eggs, fish, cabbages, watermelons, peaches and many types of nut.

The quarry complex at Mons Claudianus, 300 miles south of Cairo, supplied the stone for the portico of the Pantheon in Rome. The rare and highly prized purple stone from the adjacent Mons Porphyrites, being of the emperor's privileged color, was used for his statues.

Continued page 5

Questions

Goat's Milk

Q. *How about goats' milk. I really love my goat yogurt.*

A. Why especially goat's milk? Why not asses' milk, sheep milk or even human milk? This is just another fad. All milks without exception are quite unfit for humans (or any other weaned mammal) to be consuming – even human milk is no good for non-babies.

With that blanket condemnation, let us put goat's milk under the microscope.

The main thing to note is that goat's milk is much more like cow's milk than it is like human milk.

These are the main interesting ingredients:

Calcium:	mg/100ml
Human milk:	33
Goat's milk :	130
Cow's milk	125

Casein

('bad' protein):	g/100ml
Human milk:	0.4
Goat's milk:	2.5
Cow's milk:	2.8

Saturated Fat

(palmitic acid)	g/100ml
Human milk:	22.6
Goat's milk:	28.9
Cow's milk:	26.3

Lactose:

	g/100ml
Human milk:	7.0
Goat's milk:	4.7
Cow's milk:	4.8

So with the exception of lactose, humans are less worse off consuming human milk than either cow's or goat's milk.

But we balk at drinking human milk – and with good reason. Weaned humans simply don't have the digestive apparatus, biochemistry or nutritional needs for the consumption of all those bad ingredients: casein, lactose, and palmitic acid.

Give milk from any source, (and its products) a wide berth.

Polls for Thought

Fooled by Fat

60% of British consumers think that if a product is labeled "80% fat free" it is low in fat.

The Observer (UK) Sept 8, 2002

Of course, readers of this newsletter know that the reverse is the case. Such a product is 20% fat and as such is regarded as a 'high-fat' product.

You have to get down to 2% fat (98% fat free) to get to a 'low fat' product. After all, the milk marketers try to seduce us with milk that has been reduced from "full fat" at only 4%, down to semi-skimmed at 2% fat.

Lifestyle Priorities

Cruise, Spielberg Limit Kid's TV

The average American child watches 25 hours of television a week – but Tom Cruise restricts his offspring to only 3 ½ hours of television a week. Steven Spielberg imposes a strict routine: "They have to do their homework, finish dinner, do their chores and after their bath they get to watch TV for an hour." Manufacturers are ecstatic at the trend. Traditional games such as Monopoly and Scrabble have been flying off the shelves as parents reach for the off-switch.

British-born actress Naomi Watts, star of *Mulholland Drive*, rules, "I will not allow my children to watch anything but World Cup soccer. Once every four years should be enough."

Blood Sugar Control

Vietnamese Foods

The glycemic index guru, Jenny Brand-Miller, reports² these findings for Vietnamese foods commonly eaten in the West:

Noodles, mung bean	40
Noodles, Rice, dried	60
Rice, Broken	86
Rice, Glutinous	95
Rice, Jasmine	110
Custard Apple	60
Lychees, canned	80

BLUE is Borderline.

RED is BAD Carbohydrate.

It is disquieting that the traditional varieties of Asian rice have such a poor glycemic index. Brand-Miller puts it down to the low amylose content of newly introduced, high-yielding hybrids. It is also worrying that there is such a wide range between different types of rice. All of them, in normal portion sizes, will produce a damaging glycemic response.

The basic message of course stays the same; humans have no business eating grains anyway so you can, 'with advantages', reject rice of any kind from your diet.

The custard apple, which is a very sweet fruit, is Borderline glycemic, similar to ripe banana.

As might be expected, Lychees in heavy sugar syrup are to be avoided.

Buyer Beware!**NutriGrain
Apple and Cinnamon Bar**

This ghastly Kellogg's product is an egregious example of everything that is wrong with the snack-food industry. Just glance at (don't even try to read!) this extraordinary list of ingredients:

Filling (high fructose corn syrup, apple preserves [high fructose corn syrup, apples], corn syrup, glycerin, sugar, maltodextrin, water, natural and artificial apple flavor, modified corn starch, sodium alginate, malic acid, calcium phosphate, soy lecithin, xanthan gum, cinnamon, citric acid, modified cellulose, caramel color), enriched wheat flour, whole oats, sugar, partially hydrogenated soybean and/or cottonseed oil, high fructose corn syrup, honey, calcium carbonate, dextrose, nonfat dry milk, wheat bran, salt, cellulose gum, leavening (potassium bicarbonate), cinnamon, natural and artificial vanilla flavor, soy lecithin, wheat gluten, corn starch, niacinamide, carrageenan, guar gum, zinc oxide, reduced iron, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), vitamin A palmitate, thiamin hydrochloride (vitamin B1) and folic acid.

CONTAINS WHEAT AND MILK INGREDIENTS

Do you really want to be putting this rubbish into your body? And yet it is sold, very deceitfully, as a 'healthy' product. Even the name, a compound of 'nutritious' and 'grain' is designed to reassure you.

Now for the composition label:

Fat	3g
Carb	27g
Sugars	13g
Sodium	110mg
Cholesterol	0mg
Protein	2g

You have to do some mental gymnastics using the weight of the bar (37g) to get at the awful truth: **35%** of this bar is pure **SUGAR**. Together with the starches, fully **73%** of this bar is **BAD** carbohydrate.

As for apple and cinnamon don't kid yourself. It is not worth a brass farthing.

**Don't be suckered
Don't waste your money
Don't give to your kids**

Twisted by Knaves**Canola Calumnies – 5**

There are hysterical, dishonest, anxiety-making false rumors doing the rounds. Here we debunk them.

The Defamer: Canola is dangerous because it can kill insects like aphids.

Rebuttal: Yes. But so can ALL other oils including olive, corn, sunflower, peanut, etc. These oils kill aphids by **SUFFOCATION**, not by poisoning! Horticulturists recommend vegetable oils as a non-chemical, more environmentally-friendly insect control method.

In other words, Canola oil is only life-threatening when you try to drown yourself in a vat of it.

Letters**Changing the World with
Fizzy Drinks****From Maurice Cahn**

Aeronautics research engineer, NASA

"I believe that if a more natural drink were substituted for colas and beer, then the world could change. Good engineering tells me that when people go crazy over a certain dish, there is something they need. Many people around me drink beer morning, noon, and night. They aren't getting what evolution intended.

I make a drink in my fridge using two half-gallon containers that I put honey, yeast and hops into. (Don't forget that bottles can explode.)

It needs an attractive name. How about "Geoff Bond Beer?" I have

become hooked on the stuff. I am convinced that if the practice became popular the world could change socially and politically. What do you think?

Geoff Bond Replies

Maurice, I am flattered that you would want to name a drink after me. What you are doing sounds like how we used to ferment ginger beer as kids (using yeast, honey and grated ginger root). The demijohns used to explode from time to time as well. Of course it is quite alcoholic, so I can understand it getting a hold over you!

Incidentally, the bad sugars in the honey are all converted to alcohol. So the drink will be low glycemic. (This is unlike regular beer which is made from malt and which retains unhealthy quantities of that highly glycemic sugar, maltose.)

We understand that the brain works to some very simple rules-of-thumb like, "if you come across something sweet, eat as much of it as you can".

That worked fine in the Pleistocene environment where the environment was **PREDICTABLY** sugar-poor. So human brains have in-built sugar-seeking programs that just don't have an upper limit.

The food industrialists cynically use sweetness, for which we have no automatic satiety level, to mercilessly increase consumption of a whole range of foods.

I suspect that in order to change the world, it will take more than the general adoption of Geoff Bond Beer. But maybe we should run a trial; why don't you gear up production and start selling it to our adherents!

Hints and Tips

Chocolate Rations

We often mention that high cocoa solid (75%) chocolate is acceptable confectionary. However, it is hard not to overdose!

Try this trick to get more fulfillment from the minimum amount: Having selected your 2oz dose (¼ bar) break it down to small pieces no bigger than a peanut. Then **SUCK** the peanut size pieces one by one.

You will better enjoy the full flavor and consuming the 2oz ration will agreeably extend the pleasurable experience.

Cancer Briefing

Breast Cancer - Part I

Everything said about cancer in general applies to breast cancer in particular. Nevertheless, there are some special remarks to be made.

Remember the saying that 'we are what we eat'? A woman's breasts furnish a good example. A woman who eats a lot of saturated fats and trans-fatty acids (hydrogenated fats) has more of those *bad* fats stored in her breasts. Such women are at much higher risk of developing breast cancer. Cut out the *bad* fats, margarines, milk, etc.

Next, let's consider the insulin connection. High insulin levels increase the number of estrogen receptors in the breast by a factor of 12. This is a formula for increased tumor growth and proliferation. Moral? Keep insulin levels within normal limits, avoid the *bad* carbohydrates.

Finally, the anthropological connection. Breast cancer is practically unknown outside the West. You don't even have to

clamber over the Himalayas or the Andes to find peoples who live breast cancer-free. Take a comfortable plane to Tokyo, Singapore or Hong Kong and you will immediately be amongst peoples who live longer than Westerners do, and whose women do not suffer from breast cancer. Their secret? They eat very little meat, and no milk, butter, cheese or yogurt. *They have very low fat, low glycemic diets.*

Let's look at the detail:

A low fat diet in general is protective³. The NORMAL Japanese diet, at 10% of total calories is so low in fat that it is much lower than the typical 'low fat' diet (20% of total calories) heavily recommended, but rarely achieved, in the West. The Japanese have very low incidence of breast cancer, just 3 deaths per 10,000 women compared to 16 per 10,000 in the United States⁴.

In a study⁵ of 700 European women, those whose bodies had high levels of trans-fatty acids and low levels of polyunsaturated fats, had THREE times the risk of breast cancer. Trans-fatty acids are artificial fats made by 'hydrogenating' an oil and turning it into a fat. The obvious examples are margarine and vegetable shortening. These are much beloved of food industrialists who use them liberally in a vast range of pastries, cookies, pizzas, ready meals and convenience foods.

In another study⁶, increasing flaxseed oil consumption to bring the omega-6 to omega-3 ratio close to 1, SLOWED growth of breast cancer tumors down. The French carried out studies⁷ on a homogeneous population of women in central France. Those

women whose breasts had LOW alpha-linolenic acid (ALA) levels were THREE times more likely to get breast cancer than those who had HIGH ALA levels. The usual sources of ALA are fatty fish and oils like Canola (rapeseed), flaxseed, hemp and walnut. (See Book, 'Fats and Oils', Chapter 5.)

In other words, women should make sure that of the little fat they consume, it should be DEVOID of trans-fatty acids ('hydrogenated oil') and it should be rich in ALA.

Next month – Part II

Food Policy

Organic Food Symbol

As of October 1st, the USDA requires all food marketed as 'organic' to be certified in accordance with Federal Guidelines.

This is great news; at last, after years of wrangling, bitter opposition from the intensive food industry and backsliding from the authorities, there is a highly credible organic label, which actually means something.

Look for the seal of approval

GMO's: They Know Not What They Do

Soy Allergy Meddling

How many of the general public knows that soybeans are highly allergenic? This is one of the dirty little secrets of the soy industry. But they are worried enough to research ways around it. What better than to genetically modify the offending allergens out of the picture?

This is an extract from an alarming press release boasting about the latest advance.

“One of the proteins that cause allergic reactions to soybeans has been stripped out via genetic modification. To do this, extra copies of the gene that codes for the P34 protein were spliced into the plant's DNA. Although no one knows what the protein's function is, it does not seem to be necessary for the plant's health.”

“Before the soybeans could be sold as hypoallergenic, scientists will need to find a way of removing two other proteins that also trigger allergic reactions.”

Did we read that right?

No one knows what the protein does! There are many other allergens to knock out as well? **Avaunt with such meddling.**

We are firmly opposed to genetic modification. It is a blind, out-of-control rush away from our naturally adapted food supply.

Tailpiece

Out of Body is in the Mind

Out-of-body experiences, which in the 1970s became popularly attributed to intervention by God or by space aliens, are likely to emanate from a more mundane source: our own minds. Swiss neurologists find that the sensation of floating above one's body or feeling being disconnected from it, is triggered by the angular gyrus, in the right cortex of the human brain.

In one typical example⁸, a team at Geneva University Hospital used electrodes to stimulate the brain of a 43-year-old woman who had suffered chronic epileptic seizures for 11 years. "I see myself lying in bed, from above, but I only see my legs

and lower trunk," the patient said.

Time is relative: we now understand that the brain is working at nanosecond speeds between sensing something and flagging its interpretation to our consciousness a split second later.

Optical illusions are a good example. In a flash the brain riffles through zillions of possible scenarios but selects the wrong one to post to our consciousness.

In the out of body experiences, the angular gyrus **MISMATCHES** sight information with touch and balance information.

Similar experiments have demonstrated that the hallucinations of near-death experiences (white lights, long tunnels) are also mismatches in a malfunctioning brain going into shutdown mode.

From Page 1

Quarrymen

Egyptian Quarrymen

It is a common misconception that people fared badly in ancient times. In fact the **opposite is the case. Even the common folk had a plentiful and varied diet. More varied than we have today – and it matters.**

Farm Policy

When Meat Means Madness

According to UK's Food Commission⁹, producing too much food has led to a meat-mad culture, subsidized by European taxpayers. The overproduction of cereals is burnt off by feeding the surplus to livestock – and then persuading consumers to eat more meat!

– For every ton of cereal grown for humans, 2½ tons are fed to livestock.

– Europe is giving grants to farmers to **DESTROY** orchards!

Worse, the southern European countries have bought into the “Eat more meat campaign” and are giving up their healthy, low-meat Mediterranean diet.

Truly we live in a topsy-turvy world. But as a Natural Eater, strap yourself to the mast – and lobby your political representatives for sensible farm policies.

Upcoming Events

Contact us for further details.

Visit us on the Web!

www.naturaleater.com

RADIO INTERVIEWS

Saturday, December 21st 2002.

9:00am – 10.30 am

With Don Bodenbach

KCEO AM 1000

Carlsbad (San Diego Area)

Saturday, December 28th 2002.

11.00 am-12.00 pm

With David Snow

“Doctor Health Radio”

Honolulu (Hawaii area)

TALK

"Why Diets don't Work --- We Teach you what Does"

Thursday January 9th 2003,

9:30 am

Mizell Senior Center

480 S. Sunrise Way

Palm Springs

Entry: Open, Free

Info: 1-888-240-3493

TALK

“Diet Madness - Bring Clarity to the Confusion”

Wednesday Jan 29th 2003,

5:00 pm

JFK Medical Center, Suite 105,

41120, Washington.

Bermuda Dunes (Palm Springs)

Entry: open, free

Info: 1-888-240-3493

RESOURCES	qty	US\$	Amount
The Book: The 'Bible' to Natural Eating. ISBN: 0-9712852-4-1		19.95	
The Book: German language edition. hardback, full color. ISBN 3-89530-064-0		25.00	
The Introductory Guide: the easy-to-read essence of Natural Eating. ISBN 0-9712852-2-5.		7.95	
Healthy Cooking with the Bond Girl Over 80 tasty conforming recipes. ISBN 0-9712852-3-3		14.95	
The Eating Planner: Each day, just check off the boxes for each serving that you eat. Don't eat anything without a box. Don't eat more than the boxes let you. Set of FOUR weeks.		14.95	
The Toolbox/Manual: The indispensable guide for the serious practitioner. ISBN 0-9712852-1-7		19.95	
Web Membership: access to the member's area for ONE YEAR . Download the latest newsletters; have your questions answered (S&H not required)		18.00	
The Newsletter: 12 monthly issues: Mail (S&H included)		59.00	
Web Download: (See 'membership')		18.00	
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Book, Guide, Healthy Cooking with Bond Girl, Manual, One-Year Mail Newsletter.		99.95	
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Book, Guide, Healthy Cooking with Bond Girl, Manual , One-Year Web Membership		69.95	
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ADD: Shipping (Media Mail) and Handling Rates from this Schedule:			
Sub-total value: \$00.00 to \$19.00	S&H	2.95	
\$19.01 to \$39.00	S&H	3.95	
\$39.01 to \$59.00	S&H	4.95	
\$59.01 to \$89.00	S&H	5.95	
(Ask about special rates for special delivery, bulk orders and priority rate.)			Total

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Keywords: Larry Jones, Prostate Cancer, Meat Madness, Egyptian Quarrymen, Romans, Goat's Milk, Fat Poll, Cruise, TV, Spielberg, Vietnamese, Glycemic Index, Custard Apple, Mung Bean, Lychee, Kellogg, NutriGrain, Yogurt, Canola Insecticide, suffocation, Cahn, Geoff Bond, Root Beer, Chocolate, Peanuts, Breast Cancer, Organic Symbol, Soy Allergy, Out-of-body.

ENDNOTES

¹ van der Veen, Br. Assoc Adv Science, Sept 9, 2002
² Eur J Clin Nutr. 2001; 55; 1076-1083
³ J. Nat. Cancer Inst.;1999;91;492-534
⁴ WHO Health Statistics Annual, 1995

⁵ Cancer Epid., Biom Prev.;1997;6;705-710
⁶ Breast Cancer Res Treat, 2000 Dec;64;3;287-96
⁷ Eur. J. Cancer 2000 Feb;36;3;335-40
⁸ Blanke; Nature; Sept 19 2002
⁹ The Food Commission Magazine; Apr/June 2002

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