

NATURAL EATING NATURAL EATING NATURAL EATING



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We are independent of commercial pressure and say exactly what we think.

France: Top chef. **Heritage:** Mating Urges. **Longevity:** Sardinian Centenarians. **Q&A:** Hydrogenated Canola Oil; Bad Sticky Rice; Wheat Germ; Walnut Briefing; Mushroom Protein; Sarcoidosis fix; Thin Riposte; Tendon Fix; Eczema. **Food Resources:** French Eggs. **Marketing Trap:** Got Milk? Farce. **Eating Strategies:** Raw Carrots. **Cancer Briefing:** Breast Cancer II. **Food Policy:** Junk Ingredient Law; G.I. Labeling. **Body Discord:** Milk and Insulin. **Tailpiece:** Obesity Name Change. **Advance Notice:** London

French Breakthrough

**Geoff Bond Teams up with
Top French Chef**

In a remarkable example of advanced thinking, the new, avant-garde St. Joseph hospital in Lyon, France is determined to provide food that is tasty and **HEALTHY**.

The proposal, put forward by the team including Geoff Bond and the Michelin-starred chef Alain Alexanian, has been successful. Geoff spent the day in Lyon recently discussing strategy with Alain and how to combine gastronomical eating with the healthy precepts of Natural Eating.

In addition, the Natural Eating precepts will be explained though various media such as place mats and extracts from the monthly newsletters.

Congratulations to our local French representative, **Frederic Bouvet** for his resourcefulness and vision in masterminding this breakthrough.

Our Ancient Heritage

Ancient Mating Urges

Here's the scene: A young woman, who is feeling a hormone flush, fantasizes about spending a weekend at the beach with a guy she doesn't even know. Meanwhile, a dozen roses arrive on her doorstep, a very timely gift from her spouse.

Research¹ at the University of New Mexico shows that the reproductive urges and rituals that guided our ancient ancestors are still very much alive in modern humans.

So what is going on? It is just a mating ritual that has been going on since the beginning of human history. The new research shows that a married woman is most likely to fantasize about a stranger during the brief period each month when she is ovulating. The spouses pick up on her sex-attractant 'pheromones', those incredibly dilute odors that are only perceived by the subconscious.

Continued page 5

Longevity

Sardinian Centenarians

The tiny, parched village of Orroli on the Italian island of Sardinia contains the highest concentration of centenarians in the world. And **FIVE** of the world's 40 oldest people are natives of Sardinia.

Researcher Luca Deiana is looking into why. He thinks it might be something to do with genes. But a Danish study of elderly twins concluded that longevity is mainly due to lifestyle choices.

We don't have to look too far. The Sardinians lead lives very similar to the Cretans of the 1950's. Relatively unstressed lives, yes, but above all a diet that left them slightly hungry and was rich in plant food, oily fish and omega-3 oils; moderate in red wine; poor in fat, bread, cereals, dairy and farm meat. It also helps to be female: 3 out of four centenarians are women.

Recipes

No room for recipes this month. Next month we feature **Hilary Harper's** interesting Portabella recipe. Hilary, who lives in Kent, England, has been cooking the Natural Eating way for many years.

Questions

Hydrogenated Canola Oil

Q. *I see that in France and Germany, there are hydrogenated Canola (rapeseed) oils sold as suitable for use in cooking. What is your take on this?*

A. Terrible! This is another example of how the food industry debases its own healthy product and cynically deploys Canola's good name to gull consumers and increase sales.

Hydrogenated oil of any kind is bad, bad, bad and must be **BANISHED** from the diet.

Sticky Rice – Bad?

Q. *From what you said before, 'sticky' rice has a glycemic index which is the least bad of all kinds of rice. Yet in last month's newsletter sticky rice had a plain bad glycemic index. What is going on? What are we to believe?*

A. You have put your finger on a fundamental problem of today's food supply – it is a constantly shifting target! That is why it is important to subscribe to this newsletter and keep up to date with the latest developments.

The reality is that rice, like so many other agricultural products, is undergoing continuous modification to achieve all kinds of 'desirable' characteristics. For example the 'green revolution' of the sixties and seventies was

thanks to hybrids of rice that give many more tons of food per rice-paddy. That is, there was a blind rush to improve quantity rather than quality.

The downside is often a deterioration in factors that nobody thinks about – for example the glycemic index.

The varieties of sticky rice developed in the 1990's are now no better than other types of rice. So the Golden Rule remains the same:

Be wary of **ANY** grains and keep them to a very modest proportion of the diet.

Wheat Germ

Q. *What about wheat germ? Does it have the same antinutrients as the whole grain?*

A. Afraid so. Antinutrients are found in various concentrations in all parts of the whole grain. For example, compared to the whole grain, wheat germ has less alkyl resorcinol but much higher concentrations of the nasty lectin, WGA. WGA is responsible for a whole range of sinister ills: atrophy of the thymus, pancreatic enlargement, gut wall degeneration, depression of the immune system and leaky colon².

Again, the usual rule of thumb applies:

Be wary of any grain products and keep them to a very modest part of the diet.

Types of Walnut

Q. *You recommend fresh walnuts for their omega-3 oils; are they better in their shells? Does it make a difference which kind?*

A. Yes, it does make a difference but not a critical one. The main problem with walnuts is that they go rancid easily. Watch out for that 'off' flavor. (That is what happens to the good, but fragile, omega-3 oils.)

Now is the season for the new crop of walnuts, so it is a particularly good time for walnuts in their shells. But watch out for last year's being recycled by unscrupulous traders.

The best variety of walnut is English at 9% omega-3 oil compared to the Black walnut at 4% omega-3.

Walnut oil, made from **RAW** walnuts is good, too. It has 10% omega-3 oil. **AVOID** walnut oil made from roasted walnuts – the omega-3 is destroyed and is worthless.

Mushroom Protein

Q. *I've heard that mushrooms are a good source of protein – is this true? Is there a problem with food combining?*

A. Mushrooms are above the average for protein content compared to other plant foods. However it is still not a lot, around 3g per 100g compared to about 20g per 100g for fish.

On top of that, it is quite hard to eat 100g (3½ oz) of mushrooms, whereas it is only too easy to eat at least 100g of fish at a sitting.

Some mushrooms are richer in protein than others:

Oyster	4.1%
Straw	3.8%
Button (most common)	3.0%
Portabella	2.5%
Crimini	2.5%
Enoki	2.3%
Shiitake	2.1%

Other plant foods in the same protein bracket are broccoli (3%) and avocado (2.5%).

As for food combining, no, don't treat mushroom as a 'protein dominated' food. It is just a vegetable.

Sarcoidosis

Q. *My mother has sarcoidosis of the lung. Is there anything dietary that she should be doing?*

A. There sure is!

Sarcoidosis is a disease of cell clumping ('granuloma') and conventional medicine is powerless to do anything about it. Fortunately, many cases get better by themselves after a year or two. However, for the hapless few, the disease progresses to fibrosis and, in the case of the lung, severely impaired breathing.

BUT we know that this condition is brought on by dietary errors. Dr Loche of the CHU Purpan, Toulouse, France has shown that the consumption of wheat, bread and wheat cereal is one major provoker. It's that old bugbear, wheat gluten, that is the culprit. People with celiac disease (intolerance to wheat gluten) are particularly vulnerable.

Dr. Ilkovich, in a Russian study has shown that 'therapeutic fasting' (i.e. staying hungry most of the time) has remarkable curative powers.

Sarcoidosis Bottom Line

Eat Naturally, cut out the grains (cereals) and, by the same token, take off excess weight too.

"You are too thin!"

Q. *I eat normally but I weigh only 145 lb for my 5'-10" height. My husband says I am attractive. But when I go out people say "You are too thin. You must try and put on some weight!" How do I handle this?*

A. Have the courage of your convictions! People have forgotten what a healthy human being looks like. You have a BMI (Body Mass Index) of 21, which is smack in the middle of the 'healthy' zone.

You should punish these people by taking the wind out of their sails. Reply sweetly, "Please don't be jealous. I've often wanted to be a little plump like you, but no matter how much delicious food I eat, I just can't seem to put weight on."

Sore Tendons

Q. *I am an athlete but now I have 'tendinopathy' of the Achilles heel (a disabling soreness in the tendon). My trainer says that the only thing that works is prolonged rest. Are there any dietary recommendations?*

A. There sure are! There are many dietary errors that both aggravate the condition and also slow down recovery.

The main thing to ensure is a proper omega-6 to omega-3 balance (page 74 of the Book). You current diet is almost certainly overloaded with omega-6 oils (corn, sunflower, peanut etc.). These get converted in the body into chemicals ('prostaglandins') that **INCREASE** inflammation and swelling. Worse, they **DEPRESS** collagen creation and health. Omega-3 oils **REVERSE** these processes.

Wheat gluten is also strongly implicated in collagen inflammation and destruction. You will find a great improvement when you cut wheat out of the diet.

Tendinopathy Bottom Line

Eat Naturally! Particularly unload omega-6 and cut out wheat and its products.

Eczema

Q. *I've been having a difficult time with eczema and have tried to get rid of it. I did read on the Internet that it's due to a lack in vitamin E and even B as well. What would you recommend to do? Is there a natural way to get this under control, because it's starting to hurt?*

A. If there were a quick fix, we would all know about it. The reality is that there are a lot of charlatans out there (particularly on the Internet) playing on people's gullibility and laziness.

But you **DO** know the answer! Put Natural Eating into practice as described in the Book. Your body will stop malfunctioning like a coked up lawnmower engine, find its equilibrium and get rid of the eczema.

Food Resources

French Good Eggs

For our French readers, we can announce that, for the first time, omega-3 rich eggs have been sighted in French supermarkets, notably Intermarché.

The brand is "Moisson", distributed by SCA Oeufs et Derivés, 24, Rue A Chabrières, 75015, Paris.

Marketing Trap

Got Milk? Farce

Milk consumption has declined 21% since the 1970's, in spite of the 10-year Got Milk? campaign. The dairy lobby is getting desperate.

The measure of their desperation is shown by their latest marketing wheeze. The first Californian town to **CHANGE ITS NAME** to Got Milk? will be paid money and will be the centerpiece of a major promotion.

No doubt there will be many proposals by cash-strapped, gullible town halls. Just don't be taken in by their antics.

Eating Strategies

Raw Carrots Fight Cancer

Kirsten Brand at the Danish Institute of Agricultural Sciences has found that a substance called falcarinol, in raw carrots has been found to reduce the risk of cancer.

Falcarinol is destroyed by cooking, so it is important to eat the carrots **RAW**.

Our View? Carrots are a great food in moderation (their Glycemic Index, especially when cooked, can be very high). Eating them raw is always going to be the best thing to do. They are great especially for breast cancer. Check out the next article!

Cancer Briefing

Breast Cancer - Part II

Another major risk factor is being **overweight** and **obese**. In one

study^a the fattest women had **DOUBLE** the risk of breast cancer compared to the thinnest. The Italians found a similar result. Other studies put the finger on the likely mechanism: insulin resistance. Yes that dreaded condition brought on by the **HIGH GLYCEMIC DIET**. There is no mystery here; high insulin levels increase the number of estrogen receptors in the breast by **12 TIMES**. With twelve times the number of receptors, there are 12 times as many chances that one of the receptors will become cancerous. An Italian study confirmed **INCREASED** risk with consumption of bread, cereals and sugar.

You will not be surprised to hear that there is a plethora of studies indicating that a diet rich in low glycemic **plant food** is very protective. A case-control study in Uruguay showed that a low vegetation and fruit intake increased risk of breast cancer by 2.5 times. The nutrients identified as being active (there are certainly others too) are folate, fiber, vitamin C, vitamin E, lycopene and phytosterols.

A Finnish study identified *lignan*, a group of diphenolic compounds found in **ALL** the higher plants, as being protective. Women with the lowest consumption had **THREE** times the risk of breast cancer compared to the highest plant food consumers. A three-year French case-control study on 345 breast cancer patients demonstrated the health benefits of garlic and onions. It also confirmed the benefits of a high fiber, low fat diet.

^a For the sake of ease of reading and brevity, we are not reproducing all the scientific references. Anyone interested please contact us directly.

Women who had a **LOW FOLATE** intake are particularly at risk if they drink *alcohol*. Low folate consumers increased their risk of breast cancer by 60% for just one alcoholic drink per day. A case-control study in Shanghai found that low folate consumers **DOUBLED** their risk. On the other hand high folate consumers found the protection increased yet further if they were also getting good levels of methionine^b, and vitamins B₁₂ and B₆. Where is folate found? In *foliage*! So mother was right to insist that you eat up your greens.

The famous, on-going Nurses Health Study continues to produce great insights into eating for good health. An analysis by Dr Zhang showed the benefits of the carotenoids lutein, zeaxanthin and beta-carotene. (On the other hand **SUPPLEMENTS** of vitamins A, C and E were worthless.)

In another prospective study he found strong benefits from alpha-carotene, vitamin C and vitamin A. Dr Toniolo found that women with low levels of beta-carotene had **DOUBLE** the risk of breast cancer. In addition, he found low levels of lutein increased risk by 100% and low beta-cryptoxanthin increased risk by 70%. These are all carotenoids present in most colored plants, notably raw carrots.

One group of vitamin E compounds, the tocotrienols, induce breast cancer cell death. Tocotrienols have to be obtained through the diet. On the other hand, vitamin E supplements

^b An essential amino acid, found particularly in eggs and in lesser quantities in most other protein sources.

(which are mainly tocopherols) are ineffective.

An Italian study found positive benefits from a diet rich in raw vegetables, fish, beta-carotene and vitamins E and C. It confirmed that diets rich in bread, cereals, sugar and pork INCREASED breast cancer risk.

A vegetarian diet, of itself, is not hugely protective. The reason is that most vegetarians eat large quantities of potatoes, grains, pasta, bread and cereals. Their diet is high glycemic. On studies of South Asian women in England, only those women who consumed fruit, salads and vegetables rather than their traditional rice, were protected.

Next month – Part III

Food Policy

Legislating Fewer Junk Ingredients

In a remarkable departure from its 'hands-off' policies, the World Health Organization is now strongly recommending laws to regulate the amount of junk ingredients, notably salt, fat and sugar, in manufactured foods.

We agree. The average consumer is quite defenseless before the slick, persuasive and unscrupulous food industry.

New G.I Label

The Australian authorities have launched a new food label symbol. The voluntary symbol rates foods 'high', 'medium' or 'low' with regard to the Glycemic Index.

This is a great advance for transparency in consumer labeling. How long before we get the same useful information in Europe and America?

Body Disruptors

Milk Drives up Insulin

Consumption of just 200 ml (1 cup) of milk in a low glycemic meal drives up insulin production by 300%³. This happens even though the glycemic index of the combined meal is low.

It is not yet been worked out how the body creates this disastrous insulin spike.

Our view? This is another nail in the coffin of milk consumption.

Tailpiece

Obesity By Any Other Name

Britain's national health service (NHS) has recently issued a decree that on no account is a patient to be described as 'obese'. The new p.c. term is 'ebariatric', Greek for 'heavy'.

At the same time, NHS auditors worry that money spent on heavy lifting equipment and reinforced beds is rising remorselessly – to the detriment of expenditure on treatment.

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Our Ancient Heritage

Ancient Mating Urges

The hormones that surge through her body, telling her that she has become fertile again, also cause her to look about and see if there's a better source of good genes for her offspring than the guy who just sent her roses.

Men sense that change subliminally, so they pick that time to send flowers and call the wife to see if she's really wherever she's supposed to be.

When they are fertile, the gals check out the gene pool, and the guys are still hold on to their turf by looking like the best bull in the barn.

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

Advance Notice

London Workshop

This is a great opportunity to get in-depth coaching in the Natural Eating precepts.

Geoff Bond will be giving a four-hour workshop on Sunday, May 25th, 2003, at the prestigious Mind-Body-Spirit festival, London. The workshop starts at 11:00 am.

Contact us for further details

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	
SYSTEM BUNDLE (Printed Newsletter): A VALUE OF \$121.80! Book, Guide, Healthy Cooking with Bond Girl, Manual, One-Year Mail Newsletter.		99.95	
SYSTEM BUNDLE (e-newsletter): A VALUE OF \$80.80! Book, Guide, Healthy Cooking with Bond Girl, Manual, One-Year Web Membership		69.95	
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ENDNOTES

¹ Gangestad; Proc. Biol. Sci. Royal Soc. London; May 2002
² Cordain; Cereals; WRND, 1999, vol 84
³ Liljeberg Elmstahl; Eur.J Clin Nutr. 2001;55