

NATURAL EATING NATURAL EATING NATURAL EATING



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

Heritage: Human Hunting Arm. **Obesity:** Fat Soldiers, Fat Kids. **Origins:** Dogs. **Recipe:** Herby Mushrooms. **Q&A:** Additives/hyperactive kids; Whey; Fruit/Acidity; Grains/Depression. **Foolery:** Cooking Wine. **Food/Disease:** Starches/Acne; Junk Food/Unruly Kids. **Food/Cure:** Cocoa/Cough. **Cancer Briefing:** Breast Ill. **Food Policy:** Salt and Children. **Hint & Tips:** Brussels Sprouts; Child Vegetable Psychology. **Tailpiece:** Obesity Costs. **Events. Resources.**

Our Ancient Heritage

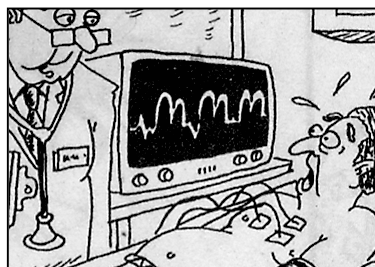
Neanderthals' Strong-Arm

40,000 years ago, our ancestors the Humans were sharing the same territory as the Neanderthals (a now extinct, human-like species) in Europe. Scientists have noticed something curious: the arm bone of a Neanderthal is about 16% thicker than the other arm – just like a modern-day tennis player - and deformed in a characteristic way. The Neanderthals weren't playing tennis, but they were doing something else that had the same effect.

After many trials on students, scientists have concluded that the bone thickening and special deformity comes from two-handed thrusting with a spear. This intriguing insight gives us a glimpse of both Neanderthal and Human eating patterns. Neanderthals would have killed their favored prey – reindeer, elk, horse and bison – about once a week. And Humans?

Continued page 5

Obesity Time Bomb



“You might consider laying off the fast food for a while”

Soldiers too Fat to Fight

More than **HALF** of all US military personnel are technically obese. The problem has been compounded by the decision to allow fast-food outlets such as McDonald's to open branches on military bases as part of a drive to attract teenage recruits.

Fat Children Sue

Meanwhile, lawyers have filed a class-action lawsuit against McDonald's on behalf of New York children whose health is wrecked from diabetes, high blood pressure, and obesity.

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Origins

Dogs from Wolves

Scientists have made a startling discovery about the origin of dogs. All 500 breeds of domestic dogs – from the tiniest Chihuahua to the largest St Bernard – have the same ancestor. Scientists studied¹ the DNA of 500 breeds of dogs and traced each one back to a small pack of female wolves that lived in East Asia just **15,000** years ago. Scientists believe that dogs were first tamed in Mongolia and then followed man as he spread around the world.

It was only when the medieval Europeans started experimenting with breeding that dogs evolved into various shapes and sizes. Researchers say the only remaining breeds which still look similar to their wolf ancestors are the Mexican hairless dog and the greyhound.

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¹ Royal Institute of Technology, Sweden

Recipes

This month we feature **Hilary Harper's** interesting and creative variation on our Portabella recipe. Hilary, who lives in Kent, England, has been cooking the Natural Eating way for many years.

HERBY MUSHROOMS

Serves six as a starter

Ingredients

- Six Portabella mushrooms
- Two tablespoons olive oil
- 1 Tbsp. coriander
- 2 cloves, crushed garlic
- 2 Tbsp. raspberry vinegar
- Mixed green leaves e.g. watercress, rocket, baby spinach
- 3 cherry tomatoes (garnish)

Method

Mix one tablespoon of oil, the coriander, vinegar and garlic; divide among the upturned mushrooms.

Place in a baking dish so that they fit snugly.

Halve the cherry tomatoes and perch on the upturned mushroom stems.

Pour the rest of the oil into the baking dish.

Cover and cook at 160°F for 20-30 minutes.

Serve on a bed of green leaves.

Comment:

Can be eaten hot or cold.

Experiment with the coriander and vinegar quantities to suit taste.

Questions

Additives and Hyperactivity

Q. *My children seem to be uncontrollable after they come back from staying a week with the grandparents. They tend to spoil the children by giving the children fizzy drinks and biscuits. Is there any connection?*

A. Indeed there is. A UK government-sponsored study found that additives put in sweets, biscuits and fizzy drinks trigger behavioral changes in up to 25% of toddlers. A group of 227 three-year-olds were given juice containing artificial colorings and preservatives^a each day for a fortnight. The scientists found that the artificial additives had a "substantial effect" on children's tempers, concentration, sleeplessness and irritating interruptions.

It is hard to deal with grandparents; they mean well but are often obstinately stuck with outdated habits. But this is one area where you have to insist that, if you are to entrust your precious children to their care, that they feed them how **you** want them fed.

See: "Junk Food/Unruly Kids" feature on page 3.

Whey

Q. *I would like to know more about your opinions about whey^b. It is found in all kinds of processed food and as a filler in supplements.*

A. We react vehemently against this stuff to make the point strike

^a The additives in question were Tartrazine E102, Sunset Yellow E110, Carmoisine E122, Ponceau 4R E124 and Sodium Benzoate E211.

^b Whey is the watery substance that forms when milk curdles into curds and whey.

home. Whey is a by-product of cheese making and is quite hard to get rid of, so the food processing industry is forever finding sneaky ways to insinuate it into human food.

Whey is rich in lactose and rich in the protein, lactalbumin. They are both among the most allergenic substances known to man. Another protein present in lesser quantities, casein is not only allergenic but also the most powerful cholesterol raiser that we know of.

So we rebel at this nonchalant attitude that gratuitously pollutes our food supply in such a thoughtless, improvident way.

Humans should not be flirting with biological weapons like whey.

Fruit, Sugars and Acidity

Q. *Robert Young in his PH Miracle book discourages fruit eating because the "sugar metabolizes into acid and also feed yeasts". I've been avoiding fruit, what are your thoughts?*

A. It is wrong to say that sugars metabolize into acids; they are alkali forming. Even the acid in fruits becomes alkali forming. As for feeding yeasts, the sugars arriving in the colon are derisory. (The average American is putting down 100 times the volume in the form of starches.). But sure, we need to be wary of the high glycemic fruits anyway. The fruits of the African savannahs were much woodier, less watery and less sweet in general.

But even today's fruits contain a whole range of wondrous compounds that work in harmony with our biochemistry. It is bad logic and terribly crippling to deprive the body of these foodstuffs.

Grains and Depression

Q. *My friend suffers badly from depression, and I say it's when she eats grains. She doesn't buy into the idea that food can have a connection with her moods.*

A. There are certainly strong links between depression and food. The high glycemic diet provokes a switchback of blood sugar with regular 'lows' of hypoglycemia. So you were quite right to warn her off grains. She should also cut out sugars, sugary drinks and potatoes.

There is another factor: omega-6/omega-3 imbalance. Your friend should throw out all sources of omega-6 oils in the diet and increase omega-3 sources. (See "Fats and Oils" page 79 of the Natural Eating Book.)

Food Foolery

Cooking Wine

It is tempting to use 'cooking' wine because it is usually a lot cheaper. This is because, in many parts of the world, it doesn't attract the usual liquor tax. But there is a CATCH.

By the same token, cooking wine is made undrinkable by the addition of SALT. Just one glass EXCEEDS the maximum daily amount (2.5 grams).

You DON'T NEED THE SALT! For cooking just use a cheap table wine.

Food/Cure

Cocoa/Cough

A compound found in cocoa, theobromine, is far more effective than codeine (as used in most cough medicines) in controlling a tickly throat, according to trials².

Comment:

PURE cocoa is a fine newcomer to the human diet. Just be careful: don't over-consume SUGAR combined with the cocoa in the form of chocolate and chocolate drinks.

See Nicole's cookbook "**Healthy Cooking with the Bond Girl**" for some fine, cocoa-based recipes.

Food/Disease Links

Starches/Acne

Highly processed breads and cereals are digested so easily that they cause blood-sugar levels to spike dramatically. This triggers production of acne-causing hormone³. Researchers say that acne is almost unknown in subsistence societies of the Amazon and Papua New Guinea, where refined starches are not eaten.

Comment:

Sure! Humans have no business eating high glycemic foods. The Inuit of Alaska never got spots either - until they adopted a Western diet of refined carbohydrates.

Junk Food/Unruly Kids

APPLETON, Wisconsin. In the Central Alternative High School, the kids used to be out of control. They packed weapons, discipline problems swamped the principal's office. But not since 1997.

What happened? In 1997, a private group called Natural Ovens began installing a healthy lunch program. Fast-food burgers, fries, and burritos gave way to fresh salads, meats "prepared with old-fashioned recipes," and whole grain bread. Fresh fruits were added to the menu. Good drinking water

arrived. Vending machines were removed.

"Grades are up, truancy is no longer a problem, arguments are rare, and teachers are able to spend their time teaching." Principal LuAnn Coenen, has turned in some staggering figures since 1997. Drop-outs? Students expelled? Students discovered to be using drugs? Carrying weapons? Committing suicide? Every category has come up ZERO. Every year.

One student asserted, "Now that I can concentrate I think it's easier to get along with people" What a concept --- eating healthier food increases concentration.

Cancer Briefing

Breast Cancer - Part III

Well-done meat, low sunlight, bad soy, bad calcium

Well-Done Meat

Like with many other cancers, there is a connection between eating charred meat and breast cancer. According to results from the Iowa Women's Health Study those who consistently consumed well-done beef steak, bacon and hamburger had FOUR times the risk of breast cancer compared to women who eat the same products rare or medium done. Those who ate ANY kind of meat regularly had an increased risk of 78%⁴. The usual suspects are implicated: heterocyclic amines and polycyclic aromatic hydrocarbons. These are compounds formed during high temperature cooking of animal foods.

Bad Soy

The very recent advent of soy into the diet has been called a 'miracle'. What is miraculous is

how the marketing men have persuaded a whole nation that this poisonous bean loaded with anti-nutrients is a miracle food. Studies^{5,6,7} now demonstrate how the plant toxin in soy, genistein, stimulates breast cancer. When genistein is removed from the diet, cancer cells regress. Worse, women who are being treated with Tamoxifen for breast cancer, find their treatment negated by the consumption of soy⁸.

Bad Calcium

In an interesting sidelight on breast cancer pathology, Dr Laszlo Tabar of the Falun Central Hospital in Sweden has found⁹ that women who have CALCIUM deposits on their tumors have only a 55% chance of 20-year survival compared to 95% who don't have calcium deposits. Dr Laszlo sees this as an opportunity to avoid doing aggressive treatment on calcium-free breast cancers.

We draw another interesting conclusion: calcium metabolism is a complex thing that we meddle with at our peril. How many women are taking calcium supplements (or worse, tumblers of milk) "for their bones" only to have the calcium put into a breast tumor? Don't try to second-guess Nature. Eat naturally and calcium will go into the right places, just as needed, and will not be put into the wrong places as happens now.

Low Sunlight

Avoiding sunlight is another unsuspected way women do harm. We have overcompensated for fears of skin cancer by staying indoors too much! In a recent study, E M John found¹⁰ that women who lived in the sunniest parts of the United States had THREE times less risk of breast cancer compared

to those who lived in gloomy, overcast regions. Reason? Women in sunny areas were producing much higher levels of vitamin D under the influence of sunlight. We don't need much vitamin D – just 10 to 20 micrograms per day. It is toxic in large quantities. The body sorts this out just fine if the chief source is sunshine. However, some people mistakenly supplement with vitamin D and can easily overdose.

Next month – Part IV –

Pollution, Pesticides, Early Menarche, Late Menopause, Male Breast Cancer

Food Policy

Children eat too much salt

Parents have been advised to cut their children's salt intake by half. According to the Food Standards Agency, children aged between one and six should consume no more than 2g of salt a day - about a third of a teaspoonful - and children aged seven to 14 no more than 5g. Nutritionists fear that many children are currently eating the same amount of salt as their parents - in the region of 9g per day. (Adults should limit their intake to 6g.) But it's not enough just to hide the salt cellar: 75% of the salt in the average person's diet is "hidden" in processed foods. For instance, a 225g slice of deep crust pizza contains more than 4g – twice the daily allowance for a toddler.

Comment:

Yes – toddlers should have no more than just **ONE THIRD** of a teaspoon of salt per day! The naturally adapted human diet is very low-salt – and it matters. High salt intake leads to osteoporosis, cell dysfunction,

high blood pressure and a whole range of sneaky diseases.

Hints & Tips

Cooking Brussels Sprouts

The key to tasty sprouts is all in the timing. Cooking them for too long releases a chemical which produces a sulphurous, rotten-egg smell. Whatever you do, don't boil Brussels sprouts for more than **FIVE MINUTES**. You can allow longer when steaming in a microwave

Scientific studies show that the bad-egg odors **DOUBLE** between the fifth and seventh minute of cooking - enough to bring back those nasty childhood memories.

Getting Children to Eat Vegetables

This tip comes from reader Emmanuelle Moranval who lives in Briançon, France:

Emma has two young children and she finds it works marvelously to get them to compete with each other. For example, raw carrot sticks are put out and the children are challenged to see who can make the loudest 'crunch'.

Emma says that the plate of carrots disappears in a flash.

Tailpiece

Unexpected Obesity Costs

Barbara Hewson has won \$20,000 compensation from Virgin Atlantic airline after being squashed by a fat passenger.

Hewson was seated next to a 23-stone (320lb) American woman and sustained serious injuries on the transatlantic flight, including torn leg muscles and sciatic nerve damage.

From Page 1

Our Ancient Heritage

Neanderthals' Strong-Arm

Our Human ancestors, although having the same arm deformity, had only about 6% increase in bone thickness. Using the same techniques, scientists conclude that Humans only killed large prey once a month. It was the Neanderthal that was the great meat eater, not humans as common myth has it.

Both species had a limited hunting strategy, and used their spears merely to stab animals they had already trapped or ambushed. Early humans later evolved from occasional hunters who killed by stabbing at close-quarters to occasional hunters bringing down small game from a distance. The first direct evidence of thrown spears dates back to only 19,000 years ago.

Obesity Time Bomb

Soldiers too Fat to Fight

The military claim that the new recruits arrive already fat and very unfit. You can imagine the lean warriors of Bin Laden laughing at the porky US soldiers puffing over the rocks and gullies of the Panshir valley. No wonder they think Americans are decadent.

Fat Children Sue

As for the lawsuits against MacDonald's, nothing could be more absurd. The whole thrust of our philosophy is that people must take **PERSONAL CONTROL** of what they eat. We are totally against the idea that parents can abdicate their responsibility to bring up their children safely -- and worse -- seek compensation for the results of their own ignorance, laziness and folly.

Origins

Dogs from Wolves

Things are not always what they seem. Darwin observed that, if a naturalist came upon the all the breeds of dog without fore-knowledge, he would assume that they were different species. In fact, since dog pedigrees have been well documented since medieval times, naturalists know that they were all bred from ancestors that were virtually identical.

This reflection led Darwin to question whether the concept of 'species' was meaningful.

Upcoming Events

FOR MORE INFORMATION

e-mail us: info@naturaleater.com
or call: +1 (760) 325 2835.

January

Thurs. 9th at 9:15 am

KEYNOTE TALK

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

Mizell Senior Center

480 S. Sunrise Way

Palm Springs

Entry: Open, Free

Info: 1-888-240-3493

Sat. 11th at 9.00am H.T.

RADIO INTERVIEW

With David Snow "Doctor Health Radio"

Station KHVH AM 830

Honolulu (Hawaii area)

Weds 29th 5:00 pm

KEYNOTE TALK

"Diet Madness - Bring Clarity to the Confusion"

JFK Medical Center, Suite 105, 41120, Washington.

Bermuda Dunes (Palm Springs)

Entry: open, free

Info: 1-888-240-3493

February

Sat. 15th 12:00 noon - 2:00 pm

BOOK SIGNING

Geoff Bond presents and signs his book "Natural Eating".

Nicole Bond will also be signing her book "Healthy Cooking with the Bond Girl"

Barnes and Noble Bookstore

72284 Highway 111

Palm Desert

California

March

Thurs. March 6th 9:15 am

KEYNOTE TALK

Mizell Senior Center

480 S. Sunrise Way

Palm Springs

Entry: Open, Free

Info: 1-888-240-3493

Advance Notice

May

LONDON WORKSHOP

Sunday, May 25th 11:00 am

Geoff Bond will be giving a **FOUR-HOUR** workshop at the prestigious **Mind-Body-Spirit Festival**, London. This is a great opportunity to get in-depth coaching in the Natural Eating precepts.

Keywords: Neanderthal, arm bone thickness, fat soldiers, lawsuit, McDonald, dog, herby mushroom, additives, whey, acidity, fruits, sugars, depression, cooking wine, Acne, cocoa, cough, breast cancer, salt, Brussels sprouts, Moranval, carrots, Virgin.

² N. Heart Lung Inst, London, Dec 2002

³ Colorado State University, Dec 2002.

⁴ J. Natl. Cancer Inst. 1998 Nov 18;90;22;1724-9

⁵ Cancer Research; 2001;Jul

⁶ J. of Nutrition; 2001; Nov.

⁷ Carcinogenesis; 2001;Oct 22;10;1667

⁸ Cancer Res. 2002;May 1;62;9;2474-7

⁹ Lancet 2000 Feb 5;355(9202):429-33

¹⁰ Cancer Epid Biomarkers Prev; 1999 May;8;5;399-406