

NATURAL EATING NATURAL EATING NATURAL EATING



HOME to nutritional anthropologist
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**Monthly Private Subscription Newsletter - \$59.00 annually
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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.

Breaking News: Dr Stec Talk Show; Valentine Heart Talk. **Cookbook:** It's your life! by Connie Schober. **Ancient Heritage:** Earthworms of the Amazon. **Recipe:** Pollo Tonnato. **Q&A:** Amaranth/Quinoa; Rye Bread; Young Multiple Sclerosis. **Food/Disease:** Multiple Sclerosis. **Food Policy:** Restaurant Labeling. **Fast Food Updates:** McDonald's Fat-suit Reprieve. Cheese Restraint. **Breast Cancer Briefing:** part IV. **Food to Live For:** Elk Fatty Acids. **Food To Die For:** Kroger Dairy Onslaught. **Gullibility:** Menopause Snake-oil. **Tailpiece:** Carrefour's snakes and turtles.

Breaking News

Dr Stec TV Talk Show

Geoff Bond has just recorded a lively 30-minute interview with spirited Talk Show host, Dr Rita Stec. The program will be broadcast as one of the 'Healthy Living' series on a Sunday in March at 5.00 pm on ABC's local station KESQ. Watch this space for the date and check our website www.naturaleater.com

**♥ Heart Institute ♥
Valentine's Day Talk**

Geoff Bond has been invited by Dr. Gundry, Medical Director of the International Heart Institute in Palm Springs to give a talk at their open day fair.

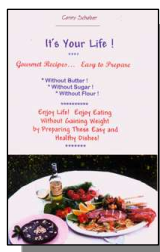
Geoff will bring his original and valuable insights to provide solid, heart-friendly strategies for immediate use.

See 'Events', page 5

New Cookbook

It's Your Life!

That excellent, gastronomic German cook, Connie Schober has been cooking the Natural Eating way for many years. Her Natural Eating-conforming



cookbook was published in German two years ago.

We are pleased to announce that an English edition called 'It's Your Life' is now available. There are over 120 succulent, tasty and easy-to-prepare dishes. We have tested them and can thoroughly commend this book to our followers. A sample recipe is featured on page 2. 'It's Your Life' is available from Connie and her husband, Roland, on their e-mail: roconpalm@aol.com

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Our Ancient Heritage

Earthworms of the Amazon

Many primal societies around the world still consume earthworms as a major part of their diet. (It's all right – we don't have to!) A few anthropologists, such as Dr. Paoletti have wondered what nutrient value they have.

We are in constant contact with such researchers and Dr. Paoletti has been kind enough to show us a preprint of a paper that is due to be published by The Royal Society of London.

The Yekuana people of southern Venezuela regard some earthworms as a highly desirable food. They traditionally gather several different species of earthworm including the white worm called 'motto', which lives in the mud of streams and a huge, 2 ft long, snake-like species they call 'kuru', which inhabits the floor of the highland forest

Continued page 5

Recipes

This month we feature a recipe from Connie Schober's cookbook, *It's Your Life!* (see page 1) Connie has been cooking the Natural Eating way for many years.

POLLO "TONNATO"



Serves six as a starter

Ingredients

- 14 oz (400 gr.) chicken breast, skinless and boneless
- 2 cups (500ml) chicken broth
- 1 cup (250ml) white wine
- 2 bay leaves
- ½ medium size white onion (sliced)
- 6 cloves of garlic
- 2 cans (12 oz, 340g) white tuna in water
- ½ carrot, grated
- 4 tbsp. mayonnaise
- 10 anchovy fillets
- 3 - 4 tbsp. capers, drained
- 2 lemons, cut into wedges

Method

In a pot bring the chicken broth and the white wine to a boil, add the bay leaves, onions and 4 garlic cloves.

Place the chicken breast into the broth, reduce the heat and simmer for 15-20 min. Remove the meat from the broth and cool to room temperature.

Save ½ cup of the cooking broth and cool. Drain the tuna and break into pieces.

In a kitchen blender mix the rest of the garlic, the carrot, 2 anchovy fillets, ½ cup of the cooking broth and the mayonnaise.

Season with salt and pepper. Cut the chicken breast into thin slices (about ¼ inch) and arrange on a serving platter. Pour the tuna mix over the chicken slices and spread out. Decorate with the capers and the rest of the anchovies. Refrigerate for 1 hour. Before serving garnish with the lemon wedges.

Comment

This is a high protein dish and should be eaten with a copious salad or green vegetable.

Free range, organic chicken is always preferred, both ethically and taste-wise.

The tuna is a good source of omega-3 fatty acids.

By using only 1 tbsp. mayonnaise per person this healthy dish is not compromised.

Questions

Ethnic Grains Amaranth and Quinoa

Q. *My husband has arthritis and psoriasis and we have really cut down on the grains and cereals. However we see that there are other, exotic, alternatives being promoted such as the Aztec grains, quinoa and amaranth. Are they all right?*

A. In a word, "no". They are grains, and ALL grains are tarred with the same brush. They only vary in their various degrees of badness. In their different ways they are just as glycemic and loaded with antinutrients as wheat. However, like barley, quinoa and amaranth are lower in that powerful allergen, gluten.

Amaranth and quinoa are often puffed as having a good protein content, but in fact it is no better than wheat. Ethnic grains and ancient grains (e.g. 'einkorn' and 'emmer-wheat') are often marketed to people who want something more 'authentic'. In fact these grains are only marginally less bad than the common grains that we all know and love.

So... good for you, leaving off the grains. Your husband should find his psoriasis and arthritis calming down. Next get him off the omega-6 oils and much more into the omega-3 ones (Book, page 79) But stick to the low glycemic diet. That is essential to potentiate the 'good' prostaglandin production.

Rye Crisp Bread

Q. *What is your view of Swedish style rye crispbread? Knackebrod is: whole grain rye flour, yeast and salt [75mg]. 40 calories for 13g, but who can stop at this size portion? Hope it's considered tolerable!*

A. There is a variety of wafer-style rye crisp breads. They have much the same characteristics of whole rye bread: a glycemic index around 60 (upper 'borderline'), and the usual load of gluten and anti-nutrients. (see 'Young MS' next)

It is better than wheat-based products, but still a 'lapse' so the purist would not touch them. However, being pragmatic, a 13g (½-oz) wafer from time to time is not a big deal.

Young MS (Multiple Sclerosis)

Q. *Our 45 year daughter has migraines, dizziness, and high blood pressure. Ice cream gives 2-day headaches. She works out every day and, for the most part eats properly. Her doctors tentatively diagnose MS. Are there dietary factors involved?*

A. High blood pressure at any age is quite abnormal let alone as young as 45. Your daughter cannot have been 'eating properly' for most of her life, period. It is good that she is exercising – but is this new? – and is she overweight?

There are indeed strong links between diet and multiple sclerosis diet (see next item). Your daughter will no doubt be amazed, even in denial, to hear that her condition might be caused by wheat and dairy allergies and by omega oil imbalances. She should go cold turkey and adopt the Natural Eating pattern right away.

Food/Disease Links

Multiple Sclerosis

Multiple sclerosis (MS) is an autoimmune-induced inflammation that destroys the myelin sheath that insulates the nerves. Surprisingly, there are strong links to some common foods.

It is a complex matter, and an MS sufferer should seek further advice from us about dietary changes. However we can give some pointers here.

Wheat gluten is the strongest allergen that we know of and there are studies¹ that show how it tricks the immune system's T-cells into attacking myelin molecules because of their similarity to virus proteins.

There are many reports² of complete remission on gluten-free diets. (Book, page 73)

Milk is the second most powerful allergen. Studies³ show that it causes the immune system to attack myelin in the same way as does wheat gluten. (Book, page 83)

BOTH these allergens sneakily **MULTIPLY** their effect by causing the gut to become leaky, thus allowing vast quantities of these

invaders to overwhelm the body's defenses⁴. (Book, p. 89)

An overload of omega-6 oils and a deficiency of omega-3 oils is a third pointer. Studies⁵ show that a poor ratio is strongly correlated with MS.

So the message is still the same! Eat Naturally to avoid MS and to beat it back.

Food Policy

Restaurant Labeling

The UK's Food Standards Agency is calling for restaurants to be obliged to provide customers with information on fat, sugar and additive content of their meals.

Predictably, the restaurateurs are opposing this move. They claim it would put them out of business. Really? Surely any chef worth his salt (why isn't salt on the list?) should ask himself this: if you're not proud of the ingredients, why are you using them?

Fully half our food is eaten out these days – and we haven't the slightest idea about its true nutritional quality. The truth is, we are much safer eating at home, as many Natural Eaters have discovered.

Fast Food Updates

McDonald's Reprieved

Federal judge, Robert Sweet has thrown out the lawsuit brought against McDonald's on behalf of two obese children. He said that McDonald's were not hiding any material facts from the public.

Our View? Just so. The parents of those children have no excuse for their folly and laziness in feeding their children so recklessly on junk food.

Meanwhile:

McDo' Self Restraint

Remarkably, McDonald's itself has launched a press campaign in France (where teenage obesity rates have doubled in ten years) to advise parents **NOT** to take their children to a McDonald's more than **ONCE** a week!

Cheese Self Restraint

Fearful of the prospect of class-action lawsuits, fast-food chains voluntarily agreed last October to limit *cheese*.

McDonald's, Burger King and Wendy's now limit the amount of cheese per sandwich item to three ounces. Hardees and Arby's declined to take part.

Comment: A start, although three ounces is still 1½ ounces more than even the USDA's modest **DAILY** limit for cheese – and three ounces more than ours!

Cancer Briefing

Breast Cancer - Part IV

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

Pollution, Pesticide

Some people worry about environmental pollution. The reality is that all the dietary measures mentioned earlier are far more important than pesticides and other pollutants. Studies⁶ have exonerated DDT and PCB's from breast cancer. A Danish study⁷ suggests that women who have done a lot of gardening might find that their exposure to Dieldrin has increased their risk of breast cancer. Dieldrin, which weakly mimics estrogen, was a popular pesticide for agricultural crops such as corn and cotton from the 1950s until the 1970s. It is the

only pesticide for which a significant association has been found.

Early Menarche, Late Menopause

In fact, a great number of breast cancer-provoking factors can be traced back to the exposure to estrogen that they generate. For example, early menarche (onset of periods) and late menopause are risk factors. A girl who has menarche at 10 has THREE times the risk of breast cancer compared to menarche at 15. Menopause at 55 has DOUBLE the risk of menopause at 45 and THREE times the risk compared to menopause at 35. Quite simply, the woman's breasts have been exposed to estrogen for a longer period of time. Early menarche is linked to obesity, to a high fat, high glycemic diet and a diet rich in dairy and soy products.

On the other hand, women who:

- have children at all,
- have children early,
- have many children
- breast-feed,

all have REDUCED risks of breast cancer.

There are many complex hormonal operations that have to be unraveled and understood, but it does all come back to an elaborate minuet involving exposure to estrogen, progesterone and other sex hormones.

Male Breast Cancer

Finally, what about men? Yes, about 10% of breast cancer deaths occur in the male sex. The few studies that look into the matter identify OBESITY as a major risk factor. 'Very overweight' men had double the chance of breast cancer⁸. Lack of exercise and red meat consumption are also linked.

Next month – Part V –
The Bottom Line - Breast Cancer Strategies Summarized

Food to Live For

Fatty Acids in Wild Game

We know that our ancestors did not eat a lot of big game meat such as antelope, zebra and gazelle. They were much more into Dr. Paoletti's 'minilivestock' (p.1) and Carrefour's snakes and turtles (p.5). However, when our ancestors did get at game meat, they sought the marrow and the brain, which are fattier than the muscle meat.

Loren Cordain, who researches evolutionary diets, thought it would be interesting to analyze wild game examples in North America. He chose wild elk killed by hunters in North Colorado.

He found⁹ that elk *brain* has high levels of omega-3 with a good ratio to omega-6 of 1:3. Much of the omega-3 is DHA^a, the easily metabolized oil found in oily fish too.

In the *marrow*, innocent mono-unsaturated fats predominate (75%).

Cordain noted that, in contrast to the current Western diet, the animal-matter component of pre-agricultural diets would have been rich in 'good' fats and low in artery-bashing saturated fats.

Comment: We don't suppose that many of our readers will have access to, or will want to eat, elk brain or marrow. But it is not necessary! It is possible to emulate these nutritional profiles by selecting wisely from commonly available foodstuffs, just as we teach in the Natural Eating system.

^a DocosaHexaenoic Acid

Food to Die For

Kroger Dairy Onslaught

Watch out for the next assault on our health – from the 2400-store supermarket retailer, Kroger. Kroger is launching a marketing campaign to "educate consumers about the nutritional benefits of eating more dairy foods". The 'Fresh for Life' effort will encourage families to eat at least THREE servings of milk, cheese and yogurt per day!

This propaganda is part of (who else?) the National Dairy Council's "integrated education program". Orwell's Big Brother would have been proud of that piece of 'new-speak'.

DON'T BE DECEIVED!

This is where we start to have sympathy with people who take out class-action lawsuits against food industrialists who knowingly dupe innocent consumers into wrecking their health. Dairy products are a biochemical disaster and are even implicated in Multiple Sclerosis (see p. 3)

Gullibility Corner

Ineffective Menopause Alternatives

Ginseng, red clover, dong quai, evening primrose oil, soy extracts, acupuncture, progesterone creams, vitamin E and a variety of other treatments totaling 29, don't work, according to lead study author Fredi Kronenberg¹⁰. "Product advertising hype far exceeds scientific knowledge", she says.

"Product advertising hype far exceeds scientific knowledge".

The only herbal remedy that seems to have an effect is black cohosh, a member of the buttercup family.

Our view? It is impossible to second-guess the fantastically complex interactions seething in the human body. The upheaval and anarchy of menopause is even more chaotic.

However the body can sort it out just fine if you eat Naturally and don't frustrate its efforts at every turn. (See Book, p. 112).

Tailpiece

Carrefour's Exotic Foods

If our feature (p.1.) on earthworms put you off, just listen to how Western entrepreneurs have to adapt to exotic eating habits:

The Chinese unit of French supermarket giant Carrefour sells *snakes* and *turtles* in its supermarkets. "Chinese people eat snake and if you want to succeed here so you have to provide snakes", says Eric Thevenet, manager in Shenzhen.

From Page 1

Our Ancient Heritage

Amazon Earthworms (cont.)

Dr Paoletti analyzed *kuru* and whole and smoked preparations of *motto* for their nutrient content. He found that they are very low fat (1%) and rich in proteins, iron, calcium, chromium, selenium, and zinc. They come out of the analysis much more favorably than beef, pork, lamb and veal. Even chicken, and turkey are not as good.

Thus the Indians of the Amazon basin are consuming animal foods very similar to the creatures consumed by our ancestors in the African savannah.

Dr. Paoletti is now contemplating similar research on other 'minilivestock', such as caterpillars, palmworms, termites, locusts, and insect larvae.

Should we be eating 'minilivestock'? Ideally, yes – but it is not necessary! There are many good substitutes, notably fish, wild game (see 'elk') and poultry. Don't forget eggs either – but make sure they are free-range and rich in omega-3 oils.

New Cookbook

It's Your Life!

For our German readers the German edition, ISBN 3-8267-4988-X, is published by Fouqué Literature Verlag, Frankfurt, Germany and can be ordered from booksellers and online from www.amazon.de

Upcoming Public Events

FOR MORE INFORMATION

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

February

Fri. 14th 11:30

KEYNOTE TALK

Affair of the Heart, International Heart Institute

Stergios Building
Desert Regional Hospital
N. Indian Canyon Drive, P.S.

Entry: Open, Free

Info: 1-888-240-3493

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 "Cooking with the Bond Girl"

Barnes and Noble Bookstore
72284 Highway 111
Palm Desert
California

March

Thurs. March 6th 9:15 am

KEYNOTE TALK

"Why you shouldn't fear Cancer"

Mizell Senior Center

480 S. Sunrise Way, P.S.

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. It is entitled:

"Our Bodies are Genetically Programmed for Health, Beauty & Fitness - rediscover these ancient secrets."

In this workshop you will learn how to work with your deep psychological and biological programming to claim back your health, beauty and fitness.

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

Keywords: Dr Stec. Dr Gundry. Heart Talk. It's Your Life. Schober. Earthworms, Paoletti. Yekuana. Pollo Tonnato. Amaranth. Quinoa. Rye Crisp Bread. Knackebrod. Psoriasis. Multiple Sclerosis. Labeling. McDonald's Lawsuit. France. Cheese Limits. Breast Cancer. Elk. Kroger. Menopause. Cohosh. Carrefour. Snake. Turtle.

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- ⁴ Lange et al; Lancet; 1976; ii; 1319
- ⁵ Bersohn; Nature; 1967; 215.
- ⁶ New England J Med.; 1997; 337
- ⁷ Lancet 1998 Dec 5;352 (9143)
- ⁸ Cancer Causes Control; 1998 May;9; 3
- ⁹ Cordain; W. Rev. Nutr. Diet.; 1998; 83
- ¹⁰ Ann. Int. Med; 2002; Nov 19.

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		17.95	
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		24.95	
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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BUDGET QUICK START BUNDLE (e-newsletter): A VALUE OF \$150.00! Telephone Consultation (20-min) with Geoff Bond, Book, Guide, Healthy Cooking with the Bond Girl, Manual, One-Year Web Download, Video.		99.95	
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