

**NATURAL EATING NATURAL EATING NATURAL EATING**



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**Success Story:** The Hansons. **Tip of the Month:** Assert Yourself. **Cassandra:** Health Care Time Bomb. **Russian Edition:** Airis Press. **Recipe:** Asparagus Soup. **Q&A:** Maltitol Chocolate; Thyroid Malfunction; Leaky Gut; **Food/Disease:** Blood Sugar/Alzheimer's; Gluten Disease. **Fast Food:** McDonald's Fruit. **Cancer Briefing:** Colon Cancer Part 1. **Human Heritage:** Daddy Genghis Khan. **Policy:** Sugar Guidelines; Antibiotic Resistance. **Buyer Beware:** Wall's Solero Getfruit! **Propaganda:** False Memories; Pester Power. **Events**

**Success Story**

**The Hansons**

"We are thoroughly enjoying 'Eating Naturally' as you taught us at the 'Affair of the Heart' open-day at the Desert Hospital in Palm Springs. We bought your book at the book signing the next day at Barnes & Noble.

Ron was very impressed with your lecture and lost 10 lbs. so quickly that I begged him to eat more. It took me a little time to accept it... because I treadmill for an hour each morning and pump iron every other day.

We had our cholesterol and sugar checked. My cholesterol dropped 40 points from June 2002. I had a colonoscopy in March, which showed no problems at all compared with 2 years earlier, when a sigmoidoscopy showed hemorrhoids and diverticulosis. Oh, and by the way, I have lost 16 lbs. and plan to keep going."

**Virginia Hanson, Oregon**

**Tip of the Month**

**Assert Yourself**



Bride: "No thanks – I'll just have a bit of yours" © 2003 Vic Lee

Vic Lee's cartoon amusingly shows the first seed of marital discord being sown. But we draw a different moral: The bride is right! Only eat non-human food (like wedding cake) on the rare occasion and then in half the normal portion; assert yourself even at the most public event. (Make sure your fiancé(e) knows about your food habits well before the wedding day!)

**Cassandra**

**Health Care Costs Cars**

Each car sold by The Big Three automakers costs an extra \$1,200 just to cover employee health liabilities. No wonder Korean cars are so competitive.

In 1990 Americans had health costs of \$2,800 per person per year. 12 years later, today that figure has **DOUBLED** to \$5,500. It is projected to **DOUBLE** again to \$11,000 in just another 10 years.

Put another way, the average American pays 12% of his income in health costs. In another 10 years he'll have to pay 18% just to stay even.

**Continued Page 5**

**Russian Edition**

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Airis Press is close to publishing "Natural Eating" in Russian. Publication is planned for July this year.

### Recipes

#### Asparagus Soup

Serves 2  
YYYYY

#### Ingredients

- o 2 lb (1 kg) asparagus
- o 1 cup (8 oz, 250 ml) vegetable broth
- o ½ cup (4 oz, 125 ml) soymilk
- o 2 egg yolks
- o ¼ tsp nutmeg
- o salt sparingly
- o pepper to taste

#### Method

- o Clean the asparagus and cut off the hard ends. Cut the stalks into short lengths. Set aside the tips.
- o Simmer the asparagus stalks in the vegetable broth and soymilk until done.
- o Put in a food processor with the salt, pepper, nutmeg and blend. Add the egg yolks and blend again briefly.
- o Meanwhile cook the asparagus tips in water. (Don't over-cook - it only takes a few minutes.)
- o Add them to the blended mixture and serve.

#### Comment

A delicious, conforming dish. Check ready-made vegetable broth for salt content. Choose a low salt variety and use added salt very sparingly. The soymilk is a slight lapse. The purist would just use extra vegetable broth.

### Questions

#### Maltitol Sweetened Chocolate

**Q.** *Trader Joes has a new dark chocolate that uses maltitol as the sweetener. It is 15% maltitol and zero sugar; is this better than sugar?*

**A.** There is a whole class of bulk artificial sweeteners, the 'sugar alcohols' such as sorbitol, mannose and maltitol. They have been used for many years in the preparation of diabetic foods, including chocolate. They have very low glycemic indexes, but like fructose, should not be abused either. They are less sweet and have a very pronounced laxative effect. The authorities still haven't got consensus on their safe and appropriate utilization.

The version of the chocolate that we have seen is 50% maltitol, which is just too sweet and too much. A 15% concentration would be fine in moderation.

#### Thyroid Malfunction

**Q.** *I have been diagnosed as having an enlarged thyroid gland. I suffer from erratic metabolic rate and temperature fluctuations; I am sleepy, tired and also have slow weight gain. Are there any natural treatments that will help? What about Hormone Replacement Therapy (HRT)?*

**A.** What is the precise medical diagnosis of the condition? There are many kinds of thyroid disorder. One common cause is iodine deficiency, but the doctor will have eliminated that possibility already. (It is rare in Britain, because salt has been 'iodized'.) However, if you hardly use salt (which is the right thing to be doing) then you can just make sure by eating iodine-rich

foods like seafood (and seaweed). It doesn't have to be much -- just a minimum of 3 portions of fish or shellfish a week.

Another habit that attacks thyroid function is the consumption of **soy products**. Our newsletters refer frequently to the problems of soy and thyroid enlargement.

Thyroid problems do occur more frequently when a woman's female hormones are upset, as during menarche, pregnancy and menopause. This might explain why HRT is being recommended, particularly if you are menopausal.

Diet isn't everything; so do continue to check in with your doctor too.

#### Leaky Gut

**Q.** *What do I need to do, and how long does it take, for Leaky Gut to repair itself?*

**A.** This is a condition that is not given the importance it deserves. Probably most Americans have colons that are undermining their health in so many unsuspected ways. There are several causes.

The simplest and quickest one to deal with is the porosity induced by eating *spicy foods*. Just stop eating those curries and hot Mexican foods. The colon will recover from that within 24 hours.

Secondly there is the porosity induced by *allergens*. The ones that cause the most damage are *milk lactose* and *wheat gluten*. Cut those out and within a few days the gut has recovered.

However, the really big problem is the 2 to 3 lb of 'bad' bacteria, yeasts and fungus inhabiting the colon. They are really persistent. They bury themselves deep in the gut lining and prevent good flora and fauna from getting a foothold. The candida fungus is a typical case. Often its tendrils pass straight through the gut lining into the

bloodstream. Some bad bacteria excite the cells in the lining to open up their 'tight' junction with the next cell and so allow them to penetrate into the bloodstream.

These bad bacteria and funguses only live on the food that is sent down to them. The standard American diet for them is a feast. They particularly love lots of grains and sugars. Some bacteria (the ones that make bad smells) specialize in sulfur-containing foods. Sulfur is present in meat and also in a great many processed and preserved foods.

So the answer is to follow our precepts and feed the 'good' bacteria only. Notably:

- o Avoid all starches.
- o Avoid dairy products
- o Avoid spicy foods
- o Avoid processed foods; particularly avoid those containing sulfur preservatives (read the labels!).
- o Keep meat consumption modest.

How long does it all take? You have to allow at least six months for the good bacteria and funguses to oust the bad ones. The damaged cells of the gut lining will renew themselves over a similar period of time.

And it's important! Poor colon health means a range of nasty diseases waiting to happen. For starters, check out 'Cancer Briefing' page 4."Colon Cancer"

### Food/Disease Links

#### Blood Sugar/Alzheimer's

Abnormally high blood sugar levels shrivel the hippocampus, the region of the brain where recent memory is stored<sup>1</sup>. The study showed that, even in outwardly healthy people, there was also a direct relationship between blood sugar levels and

degree of fogged memory. i.e. the harm comes long before there are any symptoms of disease.

The good news is that, by following the Natural Eating pattern (which is automatically low glycemic) memory is protected.

### Gluten Disorder Uncommonly Common

It used to be thought that celiac disease (full-blown gluten allergy) was limited to about 1 in 4,000 Americans. Recent research<sup>2</sup> finds that **1 person in 133** is affected. Doctors are advised to consider celiac disease as a possibility when making diagnoses. Apart from the intestinal discomfort of the disease (gas, diarrhea, nausea) there are nasty diseases secretly developing in the background: for example, colon cancer (see page 4); bone thinning and micronutrient deficiency disease.

Of course we turn the question inside out. It is *normal* for humans to be sickened by gluten. In fact probably *no one* is immune to its baneful effects. It is just that, for most of us, the alarm bells are too quiet or are ignored altogether.

Just follow the Natural Eating pattern and avoid sources of gluten -- chiefly wheat and other cereals.

### Fast Food Updates

#### McDonald's UK Fruit

McDonald's evoked both scorn and praise this week when it said it would start selling fresh fruit in its UK restaurants.

Starting next month, McDonald's will sell grapes and sliced apples in 80 gram (2½ oz) bags at 59 pence (about US\$1.00). Fruit will also be available as an alternative to potato fries as part of its Happy Meals for children. The company

is also adding a Robinson's Fruit Shoot juice drink to its Happy Meals options that contains "no extra sugar". It will also add a reduced calorie and fat pasta salad to its salad menu.

Skeptical commentators say it is just a gimmick that plays well to the gallery but will change nothing in children's food choices.

### Our Human Heritage

#### Daddy Genghis Khan

Geneticists find<sup>3</sup> that as many as 8 percent of the men dwelling in the area of the former Mongol empire bear the Y chromosomes of the Mongol ruling house. Some 16 million men, or half a percent of the world's male population, can claim descent from Genghis Khan. In the late 13th century the sons of Genghis Khan controlled territory that stretched from the Pacific coast of China to the Caspian Sea. Genghis Khan's sons and heirs ruled over the empire, and established large harems.

Juvaini, a Persian historian, in 1260 wrote: "20,000 descendants of Genghis Khan are now living in the comfort of wealth and affluence ... it is extraordinary how from the loins of one man there could spring, in so short a time, so great a progeny."

High status men in all cultures tend to get the women. But this is a remarkable example of how one man has originated a large percentage of the current Mongol population -- to the detriment of those men who had no women at all.

But where did Genghis father come from? He in turn was descended from a man whose lineage ultimately we all share. It is estimated that this man lived about 75,000 years ago in East Africa.

## Cancer Briefing

### Colon Cancer

With approximately 135,000 new cases reported each year, colon cancer is the third most commonly diagnosed cancer in the United States, and it is one of the leading causes of cancer-related deaths. Studies have shown that a variety of diet and behavioral modifications reduce colon cancer risk in the general population.

It is hardly surprising that what you put in to your mouth can have dramatic effects on what happens at the far end of the digestive tract. We know perfectly well what you need to do to avoid colon cancer and what to do if you already have it. You don't even have to eat like a primitive tribesman to avoid colon cancer. It is virtually unknown among many societies such as the Japanese and Chinese. Some of the causes are really surprising – who would have thought that high insulin levels might be a factor? (See the “abnormal insulin iceberg” in The Book, Chapter Five.) So too are high fat diets and diets that are dominant in omega-6 oils. (See “Fats and Oils” – The Book, Chapter Five.)

But perhaps worst of all is poor colon fauna. We have some 2 to 3 lb of bacteria and fungi in our colon. Under normal conditions for a human being these work in symbiosis with our bodies. They promote good colon health, “tight” junctions in the colon wall (see “intestinal health”, The Book, Chapter five) and even produce immune system boosting chemicals like butyrate.

But the modern western diet does just the opposite. The residues that arrive in the colon promote the overgrowth of ‘bad’ bacteria and ‘bad’ fungi like candida. These work to make the

colon ‘leaky’ and allow them to invade the bloodstream and subvert the immune system. Worse, there is no production of favorable immune system chemicals.

### Next Month Colon Cancer-- Part 2

### Previous Cancer Briefings

#### Prostate Cancer:

*July to Sept 2002*

#### Breast Cancer:

*October 2002 to Feb 2003*

### Cancer Special Book

*A cancer special book that contains the full series of these briefings is available from us, price \$14.95 + S&H. Use the order form on page 6 or order from our website.*

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

*The cancer special can also be downloaded online at:*

[www.beatcancer.naturally.com](http://www.beatcancer.naturally.com)

## Food Policy

### New Sugar Guidelines

To the predictable ire of the sugar lobby, the World Health Organization recommends much lower sugar consumption: no more than 10% of calories from sugar.

This is in contrast to the USA's guidelines that were watered down into futility by the sugar, confectionary and processed food lobbies. The USDA guidelines just say: “sugar should be used in moderation.” Incredibly the US Institute of Medicine even said recently that up to 25% of calories could be obtained from sugar.

The WHO recommendations still leave a lot of room for indulgence. 10% of calories works out to 10 teaspoons per

day (much too much of course) -- or one Snickers bar.

The WHO is not just worried about Americans though. Obesity, diabetes and heart disease are becoming major killers in the third world too.

### Antibiotic Resistance

Antibiotics soon will bear a big new warning -- that overusing them makes them less effective. Doctors must be sure a patient is suffering a bacterial infection, not a virus, before prescribing antibiotics, say the warnings mandated by the Food and Drug Administration. Too often, doctors prescribe antibiotics for viral earaches, colds and coughs.

Antibiotics have no effect on viruses; they only fight bacteria. Yet the government estimates that 50 million antibiotic prescriptions are useless and unnecessary.

Germs are growing impervious to antibiotics. Penicillin is becoming ineffective. Some diseases have become untreatable by every antibiotic on the market. Any time antibiotics are used, survivor germs emerge stronger and spread.

**Our View?** Not before time! One weeps to see how these wonder drugs have been used so improvidently. They should have been used as sparingly as possible – only in life-or-death situations. It is incredible to think that they are handed out like sweets. Don't rely on your doctor to police himself. If he prescribes antibiotics, ask: “Is my condition bacterial? Is it fatal?”

## Buyer Beware

### Five-a-Day Ice Cream!

The World Health Organisation has slammed food giant



Unilever's launch of a new ice cream: Wall's Solero Getfruit!

Unilever claims that its product will help the consumer reach the recommended daily intake of five portions of fruit and vegetables. The ice cream is claimed to contain at least 45% fruit purée.

Hmm... not bad, just consume 2 pints of this ice cream a day and that's it. No need to eat any fruits, salads or vegetables again in your life! Put like that we see how absurd and self-serving is this ghastly product (The remaining 55% is fat and sugar.) **AVOID.**

### Propaganda

#### False memories are easily implanted

Do you remember that wonderful day when Bugs Bunny hugged you at Disneyland? A study presented this week shows just how easy it can be to induce false memories. More than a third of subjects in the study recalled that theme-park moment – but that's impossible. Bugs is not a Disney character! Researcher Elizabeth Loftus, a psychologist, had planted the false memory.

People who believed they were abducted by space aliens, have false memories as intensely felt as those of real-life victims of war and other violence. The research<sup>4</sup> demonstrates that some people may be so suggestible that they could be convinced they were responsible for crimes they didn't commit.

The news media's power of suggestion also can leave a false impression. Loftus says her experiments repeatedly show that memories are fragile possessions that are easily manipulated. "This behavior is entirely normal."

Why do we labor this subject? It is that throwaway line, "The news media's power of suggestion also can leave a false impression".

Exactly so. We are all carrying a baggage of false impressions about our *health and food* implanted by media and advertisers. Our minds are easily manipulated. That is why it is so important for you to question your deeply held ideas about how you should be feeding yourselves and your families. We try to show you the way out.

#### Pester Power

Talking about manipulation, the ever-sneaky food manufacturers even stoop to enlisting the aid of your own children.

Industry event organizers are offering seminars in marketing to youth and how to generate "pester power". Just sign up with Raymond Monbiot, chairman of organizer Rotherfield Management.

But your challenge is to deprogram your harassing kids after they've been indoctrinated by the prime-time TV ads. We have no easy answers. Just be aware how parents are being enmeshed in subtle and unsuspected ways and don't allow yourself to be manipulated in turn.

### From Page 1

#### Cassandra

*In Greek mythology Cassandra upset Apollo who took his revenge by ordaining that her prophecies should never be believed.*

#### Health Care Costs (Continued)

The Health Industry is richly fed by a population that is eating itself into decrepitude. It doesn't have to be like this! This is a time bomb for all of us. Our futures and our prosperity depend on looking after this precious body of ours.

### Upcoming Public Events

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

#### April

#### INTERNET RADIO

Interview with Linda Mackenzie.

**April 24th at 3:00 pm GMT**

Connect to and listen at:

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

For those who missed the Net-cast on April 4<sup>th</sup>, this interview is being rebroadcast, **WITH IMPROVED SOUND**, on April 24<sup>th</sup> at 15:00 GMT (07:00 PT, 10:00 ET, 16:00 BST)

#### May

#### LONDON WORKSHOP

**Sunday, May 25<sup>th</sup> 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:** Hanson, Assert, Health Costs, colon cancer, Genghis Khan, Juvaini, Sugar Guidelines, Antibiotic Resistance, Alzheimer, blood sugar, gluten, celiac, McDonald, Maltitol Chocolate, Thyroid, Leaky Gut, Airis, Asparagus Soup, Airis

<sup>1</sup> Convit; Proc Nat Acad Sci; Feb 3 2003.

<sup>2</sup> Arch Int Med; Feb 10 2003

<sup>3</sup> Chris Tyler-Smith ; Am J of Human Genetics. February 11, 2003

<sup>4</sup> Loftus, Am Assoc Adv Sc. Meeting; Feb 2003.

<b>RESOURCES</b>	<b>qty</b>	<b>US\$</b>	<b>Amount</b>
<b>The Book:</b> The 'Bible' to Natural Eating. ISBN: 0-9712852-4-1		<b>19.95</b>	
<b>The Book: German language edition.</b> hardback, full color. ISBN 3-89530-064-0		<b>25.00</b>	
<b>The Introductory Guide:</b> the easy-to-read essence of Natural Eating. ISBN 0-9712852-2-5.		<b>7.95</b>	
<b>Healthy Cooking with the Bond Girl</b> Over 80 tasty conforming recipes. ISBN 0-9712852-3-3		<b>17.95</b>	
<b>The Eating Planner:</b> 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 <b>FOUR</b> weeks.		<b>14.95</b>	
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