

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: Sue Dyrness. **Buyer Beware:** A Fool and his Money... **Ethnic Foods:** Potato Poisons. **Recipe:** Mock Cheese Cake. **Q&A:** Contaminated Fish Oils; Benefits of Fasting; Almond Milk Again; Primrose Oil Confusion. **Food Disease:** Degenerative Disease/Plant Flavonoids; Diet/Parkinson's. **Misleading Media:** Fruit/Parkinson's. **Parents Beware:** Cadbury's Sneaky Promotion. **Colon Cancer Briefing:** Part 3. **Labeling Honesty:** Dyed Salmon. **Food Policy:** Offensive Sugar Lobby. **Events**

Success Story

Sue Dyrness

"This new approach to nutrition is having a great impact on my life. I decided, with my 35th birthday looming, that this was the year I was going to get in shape. I came across "Natural Eating" and found that of all the various books and theories I have read, this one intuitively made the most sense. Since that time I have adopted many of the principles in Geoff's book and have lost 11 lbs., while having more energy and a greater sense of well being than I've had in a long time. I'm so convinced that his theories on nutrition are the right ones that I've been spreading the word to many of my friends and family. The best is that this isn't a "diet" but a change in the way I approach food. As such I feel strongly that this will be a permanent change in my life.
Thanks again!" -- Sue

Buyer Beware

A Fool and his Money...



"The organization is based on my faith that most people are idiots and won't ask where all the money is going."

This Wiley cartoon sums up, in a brutal way, a common facet of human nature. It is one that is well known to salesmen: people buy on impulse and on 'feel-good' rather than rational choice.

This is just as true in the case of expensive, yet attractively packaged supplements and health 'fixes'. Their hype plays to our emotions and we pay up without asking where the money's going -- down the drain! Keep your wallet tight shut before such temptations.

Ethnic Foods

Two-faced Potato

The Incas of the high plateau (Altiplano) in the Andes were the first humans to cultivate the potato. They are resistant to frost and grow best at high altitude but also contain the high levels of the toxin 'solanine' -- which can cause convulsions and death. The potato also contains poisons that disrupt a wide range of digestive enzymes.

The Incas learned to detoxify the potato by freezing, leaching, and sun drying. This removes the majority of the solanine and lowers excessive nitrate levels. Subsequent cooking destroys the worst of the digestive enzyme poisons.

Our ancestors never encountered anything like the potato. They certainly never bothered with such troublesome food sources.

Continued: page 5.

Recipes

Mock Cheese Cake

Serves 8

YYYYY

Ingredients:

- 8 oz (225 g) slivered almonds
- 12 T. (¾ cup, approx. 180 ml) water
- 2 eggs, free range, high omega-3
- 3 T. fructose
- 1 pinch of nutmeg
- 2 teasp. vanilla extract
- 8 T. (½ cup, approx. 120 ml) lemon juice

Method:

Mix in a blender, for approx. 2 minutes, the almonds with the water, to obtain a very creamy texture.

Add all the other ingredients and mix again.

Fill an oiled loaf mold with the mixture.

Bake in a hot oven at 350°F (180°C) for approx. 25 minutes.

Cover the cake immediately with an aluminum foil.

Allow the cake to cool down.

De-mold the cake or serve in the loaf mold.

Comment: This is a real quick-fix, just taking 5 minutes to throw together. It is a delicious, conforming cake that can be eaten at any time of day, for example, for a quick continental breakfast or at afternoon tea. This is a dense dish that is rich in protein, so ration yourself to no more than two slices at a time!

Questions

Fish Oil Sources and Purity

Q. *I attended a lecture by a cardiologist on the role of fish oil in prevention of atherosclerosis. The studies support EPA and DHA, together, for a total of 1 gram/day. He also made a point about the level of purity. Do you know where this can be obtained locally, or where I could order it from?*

A. The position is very clear: the best supplementation and the best source of activated fatty acids is **ALWAYS** food. The best 'oily fish' are wild salmon followed by herring, sardine, mackerel, bluefin tuna, white tuna, farmed salmon and trout (roughly in that order). Canned, pickled, smoked and kippered versions are fine too. Three servings a week is fine.

There are alarmists, much encouraged by the supplement industry, who worry about possible contamination by mercury and PCB's. In reality, only fetuses need be concerned. A JAMA study of April 2, 2003, suggests that pregnant women (only) should avoid king mackerel out of the above list. (Shark, swordfish and tilefish should also be avoided.) The British Food Standards Agency adds tuna to the list for pregnant women. California's Attorney General, over-reacting, has issued an interim advisory for tuna and requires grocery stores to post health warnings. According to the FDA canned and smaller ocean fish are fine.

Fish oil capsules are readily available in health food stores and most supermarkets and drug stores. They are expensive. They are only worth thinking about if the brand says that the oil has undergone 'molecular distillation' to remove contaminants.

Finally a **CRITICAL CAVEAT**: all this only works on condition that the consumer ruthlessly drives omega 6 oils out of the diet. The average American has a fatty acid hormonal pathway that is hijacked by omega-6 oils; oily fish or fish oil capsules just don't get metabolized **AT ALL** into the heart- and artery-healthy hormones. (See the EFA seesaw in the Natural Eating book, page 81)

Benefits of Fasting

Q. *Is it useful to fast and, if so, how often and for how long?*

A. We have always promoted the idea that people should try to have several periods of the day when they are slightly hungry. This is not just a slavish imitation of our ancestor's eating habits; there are good reasons too.

Being slightly hungry has a fundamentally important effect on sugar metabolism. The body should be easily shifting from locking sugar up as fat to *releasing* fat as sugar. The major problem in the average western diet is that people's bodies only exercise one side of the insulin/glucagon axis -- making fat out of sugar. The other side of the axis -- making sugar out of fat is atrophying. To mobilize it, insulin levels need to be low and blood sugar needs to be low. When this happens, the brain instructs the pancreas to produce the hormone glucagon, which converts fat into glucose. This mechanism is essential before anyone is to lose weight.

Low insulin levels also lead to other desirable benefits; **breast cancer**¹, **colon cancer**² and **pancreatic cancer**³ are much reduced.

However, that is only part of the story. It has long been known that in experimental animals, their

lifespan is much extended (by up to a third⁴), on a low calorie diet⁵.

Now new research extends the net even wider. Fasting gives the body's cells a 'work-out' similar to how physical exercise limbers up muscle cells. Notably, brain neurons are strengthened leading to reduced rates of **Alzheimer's**, **Parkinson's** and **Huntington's** diseases⁶. Wan finds⁷ that **blood pressure** and **heart rate** are reduced.

The remarkable thing about this research is this: the animal subjects only fasted *intermittently*. They ate as much as they liked one day and then ate nothing the next day. Lead researcher Mattson, speculates that just skipping a meal would produce similar effects in people and he is planning a study to test this.

We have always been leery of the fasting that some people do 'to clear the toxins'. Our view has been to 'Eat Naturally', and your body will not have any toxins. However, this research definitely confirms that our ancestors eating patterns are still best for us.

We should go really hungry from time to time for best health.

Almond Milk again

Q. *I am using "Almond Breeze™" The listed ingredients are: "water, evaporated cane juice, almonds, tricalcium phosphate, natural vanilla flavor with other natural flavors, sea salt, potassium citrate, carrageenan, soy lethicin, D-alpha tocopherol, vitamin A palmitate, vitamin D2". There are 15g of sugars for each 8 fl. oz. serving. I assume that this is the evaporated cane juice, and not some other sugar source.*

A. Wow -- what a range of additives! However, the real baddy is the 'evaporated cane

sugar" -- this is just table sugar by another name -- and they haven't stunted either -- 4 teaspoons in a modest 8 oz cupful. **AVOID**

We advocate making your own almond milk as describe in our last newsletter -- it is very straightforward and much safer.

Primrose Oil Confusion

Q. *Page 80 of the book Natural Eating shows a chart with evening primrose oil list as an omega-6 oil. I have a PhD in holistic nutrition and have always been taught that it is an omega-3 and I take evening primrose oil to keep my perimenopausal years running smoothly and with good results.*

A. It seems that you have been misinformed. Evening primrose oil has around 75% omega-6, as linoleic acid (18:2) and only around 10% as omega 3 (18:3), mostly as gamma-linolenic acid (GLA). There is a further 10% as oleic acid (18:1). The remaining 5% is palmitic and stearic acid.

As explained on page 81, if the seesaw balance of omega-6 to omega-3 is much more than 1 to 1 and certainly more than 4 to 1, then the omega-6 hijacks the hormonal pathway and NONE of the omega-3 gets metabolized into the 'favorable' hormones. In primrose oil the ratio is unbalanced at nearly 8:1.

Finally, a very important lesson to be seen from the hormonal cascade on page 70 is this: an action today will sometimes have the opposite outcome to the same action yesterday. It all depends what **OTHER** bodily processes are going on at the same time.

To take one simple example from the cascade: a teaspoon of omega-3 oil taken yesterday might calm inflamed joints; today it might make them worse. What causes this disquietingly unpredictable result? It all

depends on **WHAT ELSE** you have eaten in the last few hours. A glycemic food (one that causes blood sugar to spike abnormally) increases the body's production of the compound delta-5-desaturase. This in turn switches over the omega-3 oil to the production of inflammatory chemicals. This is just one of a multiplicity of inputs for which we cannot second-guess the outcome.

We wish you well with your perimenopause, but you are probably wasting your money on primrose oil (see cartoon page 1).

Food/Disease Links

Degenerative Disease/Plant flavonoids

A major Finnish study⁸ examined the effects of different varieties of those plant nutrients, flavonoids, on chronic diseases. Flavonoid intakes were monitored for 28 years on 10,000 men and women. Subjects who consumed more flavonoid-rich foods were less likely to suffer heart disease, lung cancer, stroke, asthma, and type II diabetes. Furthermore, those who ate foods that provided a **VARIETY** of different types of flavonoids enjoyed greater longevity.

Subjects who had high levels of quercetin, kaempferol, naringenin and hesperetin were found to have a 21% lower risk of **heart disease** and **lung cancer**. Kaempferol-rich diets reduced **stroke** by 30%. **Prostate cancer** was lower in men with high myricetin intakes. **Asthma** was reduced by higher quercetin, naringenin, and hesperetin intakes. The **combined effect** of a **variety** of flavonoids is greater than the sum of their parts.

Don't allow yourself to be confused by all those obscure

chemical names. Just eat plenty of non-starch plant food in great variety every day.

But just for the record, quercetin is most abundant in apples onions, citrus fruits, parsley, green tea and red wine. Kaempferol is in onions, and broccoli. Cranberries are particularly rich in myricetin. Naringenin and hesperetin are found in fruit like oranges and grapefruit. But don't try to cherry-pick (!) -- there are many other micronutrients that are important and their identity is only being guessed at.

Just keep eating "25 a day" for optimum flavonoid intake.

Diet/Parkinson Links

An American study⁹ on some 600 people followed for over a year found the following associations between diet and Parkinson's disease:

The risk was roughly **DOUBLED** for those who had the highest intakes of **fat** and **iron** and highest levels of **cholesterol** compared to the lowest.

Some people might be surprised that iron can be a problem -- many are neurotic about getting enough. In reality, iron is a nutrient that is quite dangerous in raised quantities, being also associated with heart attacks. Just stick to the Natural Eating precepts and the intake works out just right.

Another study¹⁰ found an association between both Parkinson's and Alzheimer's and high **calorie** intake and high **homocysteine** levels. Homocysteine is a rogue protein produced by the body when there is a deficiency of plant food in the diet. Moral? Eat up the salads and don't overeat!

Misleading Headlines

Media Falsely link Parkinson's Disease to Fruit

The press had a feeding frenzy recently when the results of a new study came out. Just reading the headlines it seemed that fruit eating increased the risk of Parkinson's disease. In fact, few reports went on to explain the study authors' conclusions: "We¹¹ speculate that this increased risk may be due to ... toxins such as pesticides or herbicides..."

In fact, the study (on Hawaiian Japanese-Americans) was quite inconclusive about what effect there was and what, if any, the explanation might be. This is a classic case of the media over-reacting to straws in the wind and reducing a complex situation to an absurd conclusion. Keep eating your fruits (try to keep to the low glycemic ones) and choose organic (pesticide-free) if you can.

Parents Beware

Cadbury Sneaky Promotion

UK confectionery and soft drinks company Cadbury Schweppes is facing derision for its latest promotion: exchanging chocolate wrappers for school sports equipment.

What an irony - encouraging children to eat more chocolate in order to earn sports gear! The Food Commission criticized Cadbury for irresponsible marketing. The Consumers Association said that to link exercise to the consumption of chocolate was nothing short of a scandal.

Our View? Parents should make the best of a bad job and use the promotion to teach children how hype and marketing works. They will spend the rest of their lives

being aggressively targeted for any number of products, after all.

Cancer Briefing

Colon Cancer -- Part 3

So much for grains: but there is a more obvious colon irritant -- spicy food. Curries, chilies and all hot spicy dishes do terrible things to the colon wall. Worse, they also loosen up the junctions in the colon wall making it more porous, allowing all those mischief-making bacteria, funguses and food particles to pass through and undermine the immune system.

Poor food combining too, adds to the misery. Improperly digested remains of poorly combined foods arrive in the colon where they encourage the proliferation of bad fauna¹². (See 'How we Eat' - The Book, Chapter Five.) Because of bad food combining even undigested food particles pass through the intestine walls to create mischief in the bloodstream.

Many studies¹³ have shown how a diet that is rich in salads, fruits and colored vegetables is extremely beneficial and reduces polyps¹⁴. One useful factor is the increased bulk of the stools. Harmful chemicals are diluted and they don't hang around for so long. As a bonus, bad cholesterol (LDL) is reduced.

A diet rich in antioxidants like vitamin B₆ and vitamin E, is also critical to good colon health¹⁵. Those who consumed a diet deficient in folic acid are 2.5 times more likely to develop colon cancer¹⁶. Some compounds, like polyphenol flavone (present in most plants), encourage 'apoptosis' (cell death) and are particularly efficient in getting colon cancer cells to commit suicide¹⁷.

Next Month: Part 4

Previous Cancer Briefings**Prostate Cancer:** July to Sept 2002**Breast Cancer:** Oct 2002 to Feb 2003

The full series of these briefings can be downloaded online at:

www.beatcancer.naturally.com

Honesty in Labeling**Farmed Salmon Dyed Pink**

This is another dirty little secret of the food industry -- farmed salmon is artificially dyed red. We only know because of a class-action lawsuit filed against supermarkets Safeways, Kroger and Albertsons.

Farmed salmon flesh would normally be gray -- but it is pink that sells fish. Pigments are added to the feed so that farmed fish regain the same color as wild salmon get by eating krill, prawns and other pink shellfish.

The coloring agents are 'astaxanthin' and 'canthaxanthin'. They are both antioxidant type substances of the carotenoid group. They occur naturally in shellfish, but they are artificially made for farmed fish. Not only salmon are adulterated; trout, goldfish, tilapia, 'sausisses de Strasbourg', poultry and egg yolks all have their color 'improved' by this technique.

Should we be worried? Proponents point out that these carotenoids perform useful functions in the body and might even help macular degeneration and senile dementia. Our view? In the great scheme of things these are little health concerns in themselves. What is scandalous is the deception practiced on the buying public by the food producers.

The lawsuit aims to make labeling obligatory in the USA. In the European Union, the danger of over consumption is recognized and the permitted quantities of canthaxanthin, at

least, are being revised downwards¹⁸. But the labels still do not state that it is there!

Food Policy**Sugar Sweeteners**

The World Health Organization (WHO) report, which lambastes the consumption of sugar, has stirred up the vested interests. Andrew Briscoe, director of the Sugar Association said, "we will exercise every avenue available to expose the dubious nature" of the report, "including asking Congress to challenge future funding of the United States' \$406 million contribution to the WHO."

Two U.S. senators, John Breaux, a Louisiana Democrat, and Larry Craig, an Idaho Republican wrote to Agriculture Secretary Ann Veneman asking that she urge WHO to cease further promotion of the report. Breaux and Craig are co-chairs of the "U.S. Senate Sweetener Caucus" (yes -- they really exist!)

Our view? That is the venality of the vested interests -- putting their own narrow interests before the larger interests of America itself.

From Page 1**Ethnic Foods****Two faced Potato**

Even today, the potato remains a stealthy source of nasty toxins and every year people are hospitalized with potato poisoning¹⁹. The British Medical Journal speculates that thousands more cases go undiagnosed²⁰.

Potatoes are not human food -- cut right down.

Upcoming Public Events

e-mail us: info@naturaleater.com

June

Tuesday June 10th: 8:00 pm to 9:00pm PST (1:00pm to 2:00pm GMT): Pre-recorded **INTERNET INTERVIEW** with Elysa Markovitz on: www.healthylife.net.

Note we dissociate ourselves from Elysa's opening remarks where she demonizes Canola oil. See our debunking of her remarks in previous newsletters and on our site: www.naturaleater.com

NOTE: Geoff Bond is taking several weeks out during the summer to finish writing his new book.

Keywords: Dyrness, faith, potato, Inca, solanine, mock cheesecake, fasting, mercury, primrose, flavonoid, quercetin, kaempferol, naringenin, hesperetin, myricetin, Parkinson, colon, dye, astaxanthin, canthaxanthin, WHO, sugar, mercury, PCB, Cadbury.

¹ Int. J. Cancer 1999;80:349-355

² Kaaks et al; J. Natl Cancer Inst. 2000;92:1592-1600

³ Med Hypotheses 2001 Aug;57(2):146-50

⁴ Caloric Restriction and Aging; Weindruch; Sci Am; Jan 1996; p32

⁵ Life Span Prolongation; Frolkis & Muradian; CRC Press; 1991

⁶ Mattson; J. Neurochem 2003 Feb; 84(3):417-31

⁷ Wan R; FASEB J 2003 April 22; (e-pub ahead of print)

⁸ Knekt P; Flavonoid intake and risk of chronic diseases; Am J Clin Nutr 2002 Sep;76(3):560-8.

⁹ Johnson; Int J Epidemiol 1999 Dec;28(6):1102-9

¹⁰ Mattson; Neurology 2003; Feb 25;60(4)

¹¹ Andrew Grandinetti; The Honolulu-Asia Aging Study; American Academy of Neurology; Annual Meeting; 2003-04-03

¹² Edwards; Nutri Soc.;1993;52;375-382

¹³ Jenkins; Metabolism 2001 Apr;50(4):494-503

¹⁴ Lanza et al; AJCN 2001 Sep;74(3):387-401

¹⁵ Jansen; Int J Cancer 1999;81:174-179

¹⁶ Fuchs; Cancer Epid. Biom. Prev.; March 2002

¹⁷ Wenzel; Cancer Res. 2000 Jul 15, 60(14):3823-31

¹⁸ EU: Opinion of the Scientific Committee on Animal Nutrition on the use of canthaxanthin in feeding stuffs for salmon and trout, laying hens, and other poultry. Adopted on 17 April 2002

¹⁹ Potato Glycoalkaloids; Antinutrients and Phytochemicals in Food; ed Shahidi; Amer. Chem. Soc. Symposium; 1995

²⁰ Anon. Br. Med J. 1979, Dec 8 1458-1459

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	
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