

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: Ann. **Cartoon:** Wealth Warning. **Quote:** Health the greatest good. **Ethnic foods:** Two-faced Quinoa and Amaranth. **Recipe:** Juicy Orange Chicken. **Q&A:** Farmed Salmon; Alarmist BBC on Fresh Produce; Rat Crowding; Peeling Fruit? **Quick Fix:** Grilled Zucchini. **Cancer Briefing:** Colon Cancer Part 4. **Food Strategies:** Dangers of Stressed Shopping. **Hints & Tips:** Brain training. **Food Supply:** Disappearing Fish. **Food/Disease Links:** Coffee/Obesity/Diabetes. **Sorcerer's Apprentice:** Chilies/Indigestion/IBS/GER. **Afterword:** Pallid Tennis Ladies. **Developments:** Residential Courses; Bulletin Board; Sound Archive.

Success Story

Ann

I especially enjoyed Geoff's impromptu co-lecture with Dr Bellaci at Desert Regional Hospital ---I wish I had taped it, as he was fabulous. For me, his lectures reinforced that I was on the right track with helping my husband back to health.

You are a great speaker, Geoff. It is obvious you believe the truths of being a "Natural Eater", and you practice what you teach. That is very honorable, and rare to find.

My husband was diagnosed with metastatic prostate cancer in 1997. My husband almost died, and I believe "Natural Eating" saved his life.

Continued: page 5

Wealth Warning



"Maybe you have another credit card that you can try."

©Wiley@non-sequiteur.com

This cartoon by Wiley sums up neatly the perils of runaway medical costs. How much better to stay out of the clutches of the health industry money machine! Our mission is to show you how.

Quote of the Month

Health - the Greatest Good

"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."

Herophilus, Greek father of medicine, 300 B.C.

Ethnic Foods

Quinoa and Amaranth

There is a fashion for ethnic foods, with the idea at the back of people's minds that they are somehow more 'authentic'. Often this is sorely mistaken. Here we look at two Inca grains.

Quinoa has a particularly high content of the poisons, cyanide and saponin. Saponin is a heart-stopper related to digitalis; Amerindians use the concentrated extract on their poison arrows.

Amaranth accumulates poisonous levels of nitrates and oxalates, the toxins that cause inflammation and swelling of the throat -- even to the point of suffocation^a.

Continued page 5.

^a Browman D L; *New light on Andean Tihuanaco; American Scientist*; vol 69; 1981; p. 410.

Recipes

This is a quick recipe that gives a sophisticated sweet-and-sour flavor to simple ingredients.

Juicy Orange Chicken

Serves 2
YYYYY

Ingredients:

- o 8 oz (215g) organic chicken breasts
- o 1 Tbsp. olive oil
- o gratings and juice of one orange, preferably organic
- o 1 clove garlic, crushed
- o 2 Tbsp. fructose
- o 2 teasp. mint, chopped

Method:

Using the oil, sauté the chicken breast briefly in a saucepan to seal in the juices. Put the chicken breasts in a baking dish, reserving the oil and juices in the saucepan.

Add the orange gratings, juice, garlic, fructose and mint to the saucepan. Simmer gently until the volume is reduced by half and the mixture has become a syrup-like glaze. Add the glaze to the chicken breasts and toss to coat them evenly.

Bake, uncovered, in a preheated oven at 400°F (200°C) for approx. 30 mins, until brown and cooked.

Serve with a big plate of vegetables.

Comment:

Don't worry about the fruit (orange) in this meal -- cooking will have deactivated the fermentation enzymes. The organic chicken should not have been injected with water -- ordinary chicken will seep water and spoil the glaze.

Questions

Knocking Farmed Salmon

Q. *I am shocked that you would list farmed salmon as a choice for fish oil in the May Newsletter.*

-- Farmed salmon are given antibiotics that are also used to treat human illness. This contributes to the dangerous increase of antibiotic-resistant disease worldwide.

-- Farmed salmon contain higher levels of unhealthy saturated fats and lower levels of beneficial omega-3 fatty acids.

-- Farmed Atlantic salmon contain more fat than wild Pacific pink salmon.

A. We are pleased that you are scandalized by intensive farming practices. We have, of course, written about farmed fish -- first of all in December 1999 and then in October 2000. Not only salmon are concerned -- also trout, shrimp and all other farmed fish. This is part of what we wrote:

"Almost all shrimp and prawns eaten in the industrialised world are fish-farmed in places like Thailand and Latin America. They are fed on all kinds of garbage ranging from refuse from restaurants, rejects from meat and vegetable markets and minced up fish meal."

We also made the point that the omega-3 profile of farmed fish is not as favorable as wild fish¹.

You are quite right about the problems of antibiotic resistance and about the quality of the food that farmed fish provides.

However we do take a totally pragmatic view. Compared to the trash that the average westerner puts in his mouth, farmed fish is not that bad -- but wild fish is best -- from both nutritional and ecological points of view. Indeed, we recommend that you get wild fish while it is still there. It is a tragic fact that, with worldwide overpopulation and insatiable

demand, wild fish will just be as rare as hen's teeth to our grandchildren. (See 'Disappearing Great Fish', on page 4)

Fresh Produce: BBC Scare Report

Q. *The BBC reported that the Austrian Consumers' Association found that fresh vegetables, after storage, might have fewer nutrients than frozen vegetables. What is your take on it?*

A. Without question, the fresher the vegetable, the higher the nutrient value. Food that is stored loses some of that value daily. The fresh spinach you bought at the weekend will not have the same nutrients when you eat it on Wednesday. Nevertheless, it's still a whole food -- unprocessed and free from tampering.

The BBC's logic falls apart under scrutiny. Maybe they were trying to come up with shocking leads that would catch the eye of the reader. But they don't do them any favors. It is quite irresponsible to sow seeds of doubt about fresh produce.

Freezing and processing damages nutrients too. Often, additives are slipped in on the way. Frozen is a good stand-by but always favor the fresh when you can.

Rat Crowding Again

Q. *Last month you mentioned studies on the effects of crowding on rats. Can you let me know what they are?*

A. Researcher John Calhoun published the first, classic, pioneering study in the Scientific American of February 1962. He found that crowded female rats had low fertility rates and high rates of miscarriage and death in childbirth; they had poor nesting and poor parenting. Males had high rates of sexual deviation, homosexuality, aggression,

violence, cannibalism, pathological depression and withdrawal. There were high rates of social disorientation, infanticide and infant mortality. Calhoun finished his report with the observation that our understanding might be advanced "about analogous problems confronting the human species."

Unfortunately, the madness of Political Correctness has gripped the social scientists for the last 40 years making it taboo to even suggest that there is such a thing as human nature.

A few brave souls have ventured into this minefield, for example the socio-biologist E O Wilson and the cognitive scientist Steven Pinker. Not surprisingly they find that we do indeed have a deeply programmed Human Nature and that much of trendy social engineering is totally dysfunctional and driving us nuts.

Certainly we do know that Pleistocene Man had a density of 50 persons per 200 square miles. They did not meet more than a few hundred different people in a lifetime. Life was eventful, but in different ways -- and that is certainly how our brains are wired for comfort.

Peeling Fruit?

Q. *Should I peel apples and pears to get rid of pesticides?*

A. No! Of all the worries that our out there, pesticide is definitely in the Little League. If you are to worry about pesticide then there is more of it in meat, milk and cereals than on fruit. Secondly, much pesticide is 'systemic'. That is, it is found throughout the flesh of the fruit, not just on the peel. Thirdly, pesticide is not even detected on the majority of samples. Fourthly, of the samples that happen to test positive, the levels are so low that they are less than that produced by the

fruit themselves. Fifthly, the peel contains much of nutritive value -- so don't throw it away.

If you are really concerned, by all means go for organic fruit (and vegetables.) They should be pesticide-free, but much more important, they are richer in micronutrients. Not surprising really; when stressed by insect predation, the plant produces natural pesticides (such as polyphenols) -- which do double duty as our micronutrients². In short: forget pesticide and just chomp into your unpeeled fruit with an easy conscience.

Interesting point: some pesticides produced by plants to kill insects are, to us, essential micronutrients!

Quick Fix

Grilled Zucchini (Courgette)

Zucchini is a difficult vegetable to make into a tasty dish. This is a simple way that can be done under a grill, or on a griddle or barbecue.

Take the zucchini and slice lengthwise into three slices about ¼ inch thick.

Brush the slices lightly with olive oil. Spread them out and cook, very hot, on the griddle, barbecue or under a grill until they start to blister brown, turning once. (About 4 minutes)

Remove from the heat, sprinkle with some lemon juice or balsamic vinegar, and scatter some just-chopped parsley, basil, marjoram or mint over them.

These griddled zucchini are delicious either hot or cold.

Cancer Briefing

Colon Cancer - Part 4

.... As for high glycemic foods, notably starches and grains, they are harmful³. They raise insulin levels, which has the well-documented effect of depressing

the immune system, in particular by provoking abnormally high levels of the 'bad' prostaglandin IGF's (insulin-like growth factors). Dr Kaaks of the International Agency for Cancer Research, Lyon, France found⁴ that subjects with hyperinsulinemia (abnormally high insulin levels) had **THREE TIMES** the risk of colon cancer compared to those with normal insulin levels. In Italy⁵, people who had the highest glycemic diet had a 70% increased risk of colon cancer compared to those who had the diet who had the lowest glycemic diet. Other tests⁶ on rats showed that a high sugar diet increased the number of pre-cancerous lacerations in the colon.

One unexpected subtlety is that iron-rich^{7,8} diets are colon carcinogenic. High fat increases the effect. This helps to explain why (fatty) red meat is colon-harmful. It is loaded with iron-bearing 'haem' (the deep red component of red blood cells). Even so, both red meat and white meat⁹ are implicated in colon cancer. "An unnecessarily high intake of essential amino acids may be as grave a risk factor for Western degenerative disease as is excessive fat intake¹⁰." For the past 20 years, The Adventist Health Study has contrasted the lifestyle of 34,000 California Seventh Day Adventists with their unfolding medical histories. Individuals who ate red meat once a week had a 38% higher chance of colon cancer compared to those who ate none. The figure was 55% increased risk for white meat eaters. The authors suspect that by-products of cooking, or ingredients used in curing and salting might play a role. Swedish researchers found¹¹ a risk increased by **THREE TIMES** for high consumers of charred and browned meats....

Next Month - Part 5

Food Strategies

Dangers of Stressed Shopping

According to research analysts Datamonitor, 46% of consumers in Europe and the US suffer from significant levels of stress. Stress has a huge effect on shopping patterns. Stressed people do not want to spend time hunting for the right product; they crave speed and familiarity. They are driving the growth of the Metro/Express-style format that several major supermarket chains have developed in recent years.

Manufacturers offer products that are easily recognizable, quick to prepare and consistently tasty -- but not necessarily right to eat. But not all stressed shoppers are seeking indulgence foods. The ultimate convenience food remains, of course, fruit. Grab an apple to stave off hunger pangs -- at least long enough to prepare dinner rather than succumb to high fat and high sugar foods. Let's see more fruit by the check-out.

Hints & Tips

Keeping the Brain Limbered

Research demonstrates that people who exercise their brains are much less likely to develop senile dementia. How do you challenge your brain? Dr. John Money, director of geriatric medicine and a professor at the St. Louis University School of Medicine recommends:

- o Reading newspapers and books
- o Listening to the radio
- o Working crossword puzzles or anagrams
- o Undertaking new projects
- o Taking an active part in meaningful conversations

- o Playing bridge
- o Learning a foreign language
- o Woodworking, metalworking and needlework.
- o Visit a museum
- o Do volunteer work
- o Study music, painting or dance

Food Supply

Disappearing Great Fish

The world's fisheries are in a far worse state than anyone thought. Great predatory fish such as shark, marlin, salmon, swordfish and tuna that once filled the seas are driven almost to extinction, according to an authoritative new assessment¹². Many of the world's important fisheries have already collapsed. The most notorious recent example is the cod fishery in the Atlantic off Newfoundland.

Populations of these species plummet as soon as big fishing boats arrive in a new fishing ground. They fall by about 80 per cent within the first 10 or 15 years, but eventually stabilize at around 10 per cent of the original numbers. In other words, the world's oceans once held 10 times as many large, predatory fish as they do today. Worse, tuna average only half the weight they did two decades ago, and marlin only a quarter.

Comment: It is a hard, unpalatable fact that there are just not enough fish in all the oceans to feed the world's population even if they consumed them on the modest scale of the average westerner.

Wild fish, even if not driven into extinction, will become as scarce and costly as beluga caviar. Lobby your government to put in place proper international agreements for managing fish stocks.

Food/Disease Links

Coffee/Obesity/Diabetes

It has been known for a long while that caffeine interferes with glucose metabolism. It stops muscles absorbing glucose but it causes fat cells to suck it up as fat.

This is a classic case of Sorcerer's Apprentice syndrome. (You can't second-guess the immensely complicated workings of the body.) If you are already fat, then caffeine consumption has the effect of making you *fatter*. If you are very lean, then caffeine consumption has the effect of making you *leaner*¹³.

Caffeine also increases triglycerides and blood pressure. On the other hand it has the *net* effect of reducing liability to diabetes¹⁴.

Our View? Caffeine is present to a greater or lesser extent in a great many plants. It is a normal component of the human diet -- but not in the concentrations provided by a Starbucks Grande. If it pleases you, enjoy, guilt-free, a mildly caffeinated drink a couple of times a day. Don't try to medicate with it!

Sorcerer's Apprentice

Hot Red Pepper and Indigestion/IBS/GER

Bertolotti¹⁵ has studied red peppers as a remedy for indigestion. They contain that hot, spicy chemical capsaicin (found in chilies, curry, cayenne pepper); He found that they worked very well.

However he was careful to avoid using patients who suffer from irritable bowel syndrome (IBS) or gastro-esophageal reflux (GER). This was wise: Holzer¹⁶ has

found that capsaicin has a nasty provocative effect on IBS and GER. Rodriguez-Stanley¹⁷ found that heartburn was acutely increased too.

Jensen-Jarolim¹⁸ finds that capsaicin makes the colon 'leaky' giving rise to allergies, depressed immune system and increasing chances of colon cancer.

This is a classic example of how scientific research gives rise to conflicting newspaper headlines.

Chilies are native to Mexico and were brought to the rest of the world by the Portuguese, 400 years ago, to places like India and Thailand. There, curries and hot dishes were enthusiastically developed. The reality is that the human body is not adapted to hot spices -- and they have a number of serious drawbacks. Chilies and other hot red peppers are not human foods: **AVOID**.

Afterword

Pallid Tennis Ladies

Sitting here in London, the BBC is giving us wall-to-wall coverage of the Wimbledon championships. We can't help musing on the evolution of women's tennis. The top-seed ladies are now all 6-foot tall, powerfully built individuals: Jennifer Capriati, Kim Klijsters, Lindsay Davenport, Serena and Venus Williams... But wait! Aren't they all just a little chubby too? And when you look closely, don't they have poor, pimply complexions? Don't they suffer from a series of injuries and debilitating viral diseases?

We have no inside knowledge but, in spite of their status as top athletes, these girls do not radiate good health. We are willing to bet that, for all their intensive training, they cannot keep away from the pizzas, hamburgers, French fries and other junk foods.

New Developments

Residential Courses

Many of our clients have expressed the need for some residential schooling in the Natural Eating lifestyle.

Geoff and Nicole Bond have just visited the beautiful and deeply historical Mediterranean holiday island of Cyprus. They are close to clinching some live-in guest accommodation, which should be operational in about a year's time. It is right on the shoreline with magnificent views across the limpid, blue ocean. Be lulled to sleep by the lapping of the waves!

Anyone potentially interested in, say a week or two of leisurely, cultured, relaxed holiday, with daily coaching, is invited to contact us for further information on:

info@naturaleater.com
1-888-240-3493

Bulletin Board ("Forum")

In response to many requests we are installing a bulletin board on our website www.naturaleater.com. It will allow Natural Eaters to meet on line and exchange hints and tips and seek information from others. Look out for the link "**Forum**" in the banner. It is now undergoing live trials and debugging. Try it and let us know if you meet any difficulties. We appreciate your feedback!

Sound Archive

We are developing the spoken word on www.naturaleater.com. You are already able to listen to Elysia Markowitz interviewing Geoff and Nicole Bond. Other interviews and talks will follow. Press the link "**Sound**" in the main-page banner.

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

From Page 1

Success Stories

Ann (cont.)

"To this day, my husband and I still follow your concept of being a "Natural Eater". And my husband is still alive, and the medical profession gave him a death sentence long ago.

I was in the nursing field for many years and have attended many nutritional lectures on the East Coast given by Dieticians, Herbalist and Pharmacist - so I know what I am saying." (Name and address supplied)

Ethnic Foods

Amaranth and Quinoa (cont.)

The Amerindians of Peru learned elaborate techniques for detoxifying these difficult foods -- leaching, freeze-drying and boiling. We know that our Pleistocene ancestors never had to confront such perilous foods - otherwise we would have developed resistance to them.

Quinoa and Amaranth are not human foods -- **AVOID**.

Keywords: Mahon, Herophilus, quinoa, amaranth, Wiley, orange chicken, salmon, BBC, scare, rat, Calhoun, pesticide, peel, zucchini, courgette, colon cancer, stressed shopping, senile dementia, brain, strategies, fish, depletion, overfishing, caffeine, diabetes, obesity, capsaicin, chili, IBS, dyspepsia, indigestion, GER, tennis, Williams, complexion, bulletin board, sound archive, residential courses, Markowitz, forum, Cyprus.

¹ Further reading: Farmed Fish Fat and Human Health; Hunter et al; Nutr. Res. Vol 20; no 7; 2000

² J Agricultural and Food Chemistry; Feb 2003

³ Bruce et al; Nutr. Cancer 2000;37(1):19-26

⁴ Kaaks et al; J. Natl Cancer Inst. 2000;92:1592-1600

⁵ Franceschi; Ann Oncol;2001;feb;12(2):173-8

⁶ Poulsen; Cancer Lett 2001 Jun 26;167(2):135-43

⁷ Sesink et al; Carcinogenesis 2001 Oct;22(10):1653

⁸ Kato et al; Int J. Cancer; 1999; Mar 1;80(5):693-8

⁹ Singh et al; Am J Epid 1998;148 (8):761-774

¹⁰ McCarty; Med Hypotheses 1999 Dec;53(6):459-85

¹¹ de Verdier; Princess Takamatsu Symp. 1995; 292

¹² Myers, R. Nature. 2003 May 15;423(6937):280-3

¹³ Keijzers; Diabetes Care; 25:364-369; Feb 2002.

¹⁴ van Dam; Lancet. 2002 Nov 9;360(9344):1477-8

¹⁵ Aliment Pharmacol Ther. 2002 Jun;16(6):1075-82

¹⁶ Neurogastroenterol Motil. 2002 Oct;14(5):459-75

¹⁷ Aliment Pharmacol Ther. 2000 Jan;14(1):129-34

¹⁸ Journal of Nutrition (1998;128:577-581)

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	
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