

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 Story: Weight and Blood Pressure. **Serendipity:** Gum Disease Banished. **Diet Muddle:** Atkins Confusion. **International:** Russian Edition. **Q. of Month:** Mineral Water Minerals. **Recipes:** Swordfish on Fennel Bed. **Q&A:** Atkins Briefing; Atkins vs. Natural Eating; Salmon PCB's; Soft Water Drinking; Benefits of Decaf Tea; **News Shorts:** Senseless on Water; Soy Bad for Babies. **Cancer Briefing:** Colon Cancer Part 5. **Food Policy:** Free Range Briefing. **Lifestyle/Disease Links:** Prostate: Use it or Lose it. **Hints:** Comfort Eating. **Myths and Fallacies:** Dietary Cholesterol. **Buyer Beware:** FDA's Food Health Claims; Walnuts Get Approval. **Tips:** Crushing Nuts.

Success Story

Weight and Blood Pressure

"We started Natural Eating after I researched ways to help my husband's recently diagnosed high blood pressure. It was 168/110. I did not want him on drugs like the doctor wanted.

"When my husband returned to the doctor 3 weeks later, his blood pressure was 118/95 and he has dropped 19 lb. The doctor could not believe the improvement."

Continued: page 5.

Serendipity

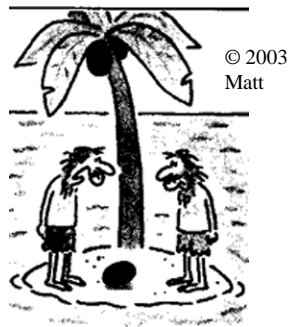
Sometimes Natural Eaters obtain unexpected side benefits. We invite readers to tell us their experiences.

Gum Disease Banished

For all my life, my dental hygienist has battled my plaque and gum disease. Since starting Natural Eating, she has had nothing to do! E.H. - Cologne

Diet Muddle

Analyzing Atkins



"I'm on the Atkins diet - I don't know if I'm allowed coconuts."

This castaway is not the only one to be confused. In Q&A on page 2, we look at why the Atkins diet is not a recipe for life.

International

Russian Edition

The Russian edition of Natural Eating will be published on September 9th. More details and cover picture next month.

Question of the Month

Mineral Water Minerals

Q. Are mineral waters good to drink for their mineral content? If so, are some better than others?

A. We regard the obsession with consuming bottled mineral water as a bizarre modern fetish.

Some mineral waters, but not all, do indeed contain various minerals that might be marginally useful, or indeed marginally *damaging*.

For example, Vichy water contains a massive 1,200 mg of sodium per liter. Health authorities warn mothers not to use Vichy water in formula milk.

As the West End actor, Anthony Andrews discovered (page 3) there is indeed a dark side in *over consuming* mineral water.

Bottom Line: Do not bother with mineral water just for its mineral content.

Recipes

Swordfish on Fennel Bed

Serves 4
YYYYY

Ingredients:

- 1 lb. (455 g) swordfish
- 2 fennel bulbs (approx. 20 oz, 570 g), thinly sliced
- approx. 20 oz (570 g) Roma tomatoes, coarsely chopped
- 5 T. (75 ml) fresh orange juice
- 1 can (approx. 4 oz, 115 g, dr.wt.) black chopped olives
- 1 T. olive oil
- 2 cloves garlic
- ½ teaspoon black pepper
- salt to taste

Method:

Combine fennel, orange juice and olives and spoon the mixture into an oiled baking dish.

Lay out the tomatoes over the top. Salt and pepper to taste. Cover with an aluminum foil and bake at 350°F (180°C) for approx. 30 minutes, stirring once.

Meanwhile combine the oil, garlic, pepper and salt (to taste) and brush evenly over the fish.

Place fish on top of the cooked vegetables, cover and bake until fish flakes easily with a fork (approx. 15 minutes).

Comment:

This is a fully conforming and simply prepared dish. The fennel flavors agreeably complement the chunky swordfish taste.

The ratio of vegetables to protein is good at about 3:1.

Questions

Atkins Briefing

Q. *What is your take on the Atkins diet? Many people lose weight fast on it.*

A. In our exposé of the Atkins diet in our February 2002 newsletter we wrote:

“Atkins rather cynically plays to the weaknesses of the average human – the short attention span, the need for quick results and the need to make it attractive and simple.”

As the columnist Christopher Hitchens recently observed, “the Atkins diet is one of those fool-and-money separation devices that never seems to lose its power.”

Atkins Theory

Atkins promotes a so-called ‘low carb’ diet, but you can eat anything else you like, particularly animal fat and animal protein. By ‘low carb’, Atkins means cutting out starches and sugars.

We completely agree with this; they are a biochemical disaster for the human body. By ruthlessly removing starches and sugars from the diet we can be sure that there will be some dramatic improvements in the way the body works.

Weight

One of these improvements will be a loss of weight as the body adjusts. About 1lb of fat per week will be lost until the body reaches a new balance.

Water Loss

Spectacularly, in the first week an additional 5lb of water will be lost. By the third week, the loss of water will have tapered off to zero. This dramatic weight loss in the first few weeks is characteristic of both the Atkins diet and, indeed, Natural Eating.

We Disagree

However, we part company with Dr. Atkins on ‘the anything else goes’ approach. He famously

dined on sausage, bacon, steaks and whipped cream. He banned fruits; he reduced vegetables to an optional extra. This is a fundamentally flawed philosophy for creating a healthy body.

Undermining Health

The high protein diet is relentlessly acidic -- leading to bone loss. The bad fats drive up cholesterol, clog arteries, promote cancers and inflame arthritis.

The lack of antioxidants accelerates premature aging and promotes cataracts, cancers, DNA malfunction and many more diseases.

The lack of soluble plant fiber depresses the immune system, encourages digestive diseases and promotes cardiovascular disease.

Dr Atkins’ Personal Example

Dr Atkins died recently while walking down a New York street accompanied by his aide, Dr Berkowitz. Atkins was just 72 years old; he did not even make it to the average American male life expectancy of 75. Dr Atkins collapsed on the pavement with blood clots on the brain and died a week later.

Consequences

Everyone is too polite to suggest that there might be a connection with his diet. We just observe that uncontrollable blood clots are a predictable consequence of the Atkins diet.

Atkins vs. Natural Eating

Q. *Atkins has confused me now: should I increase cheese and have no apples/courgettes etc? Chickpeas apparently are very high carb, but soya beans are much lower in carbs, how do they measure with Natural Eating?*

A. Be like Ulysses and ignore the Atkins siren song! (See the previous question.) To answer your question, for humans, cheese is a ‘bad’ food. On the other hand, you should certainly

continue with low glycemic fruit (like apples) and vegetables (like courgettes).

We thoroughly discourage *legumes* like garbanzo (chick-peas) and soya bean. Legumes are full of nasty antinutrients as described in our January 2001 newsletter.

See also our various articles pointing up soy's drawbacks:

- Feb 2002: Dark side of soy
- Jun 2002: Soy withers thymus
- Oct 2002: Soy causes allergies
- This issue, page 4: Soy bad for babies.

For the record, garbanzo beans, with a glycemic index (GI) of 35 are slightly more starchy than soya beans (GI 25).

Farmed Salmon and PCB's

Q. *I hear that farmed salmon are much more polluted with PCB's than wild salmon. Should I be worried?*

A. A pressure group called EWB has carried out a small study on farmed salmon from a number of different sources around the world. They find that they have at least five times the concentration of PCB's (a class of industrial chemicals) than wild salmon.

The farmed fish lobby points out that, even so, the concentrations (50 parts per billion) are a lot lower than the FDA's safe maximum of 2,000 parts per billion.

Dangers of PCB's

However, we need to be vigilant because toxic doses of PCB's cause liver dysfunction, dermatitis, and dizziness. They may also be carcinogenic. Governments banned the production of PCB's in the 1970's but they still linger on in the environment.

PCB's Accumulate

Worse, since they accumulate in the body, it matters how much PCB is consumed over a lifetime.

On that basis, using another measure used by the US Environmental Protection Agency (EPA), no more than one portion of farmed fish should be eaten per month.

Our View

It is clear that this is one more argument for focusing on wild fish rather than farmed fish. It is also an argument for lobbying the fish farmers to improve their fish feeding practices.

Drinking Softened Water

Q. *I have a water softener fitted on my home's water supply. I am told that it is dangerous to drink the softened water. I should have a drinking water tap that is fitted directly to the mains.*

A. Most town water supplies are 'hard' because they draw their water from wells drilled into limestone or chalk rock. The water is therefore loaded with dissolved rock, mainly in the form of *calcium* carbonate. This is good to have in the diet.

However, we do not like hard water in the pipes because the dissolved rock reappears again. It furs up our kettles, it scales our boilers, it leaves scum marks around the bath and it uses up the soap.

Sodium Replaces Calcium

Water softeners work by substituting the calcium by *sodium*. Therefore, by drinking softened water you are *decreasing* your consumption of *calcium* and *increasing* your consumption of *sodium*. From a dietary point of view, this is a move in the wrong direction.

Dietary Consequences

By drinking softened water, we forego the opportunity to absorb about 200mg *calcium* per day. This would have been a useful contribution to the diet.

On the other hand, softened water needlessly increases our *sodium* consumption by 200 mg

per day. It would be better not to have it.

For the average softened tap water consumer, figures like this are concerning but not worrying.

Excess

On the other hand, we can see how the West End actor, Anthony Andrews (see 'Senseless on Water', this page) might have amplified his problems; not by consuming softened tap water but high-sodium mineral water (see 'Mineral Water Minerals', page 1)

Benefits of Decaf Tea

Q. *Last month you praised the health benefits of tea; is decaffeinated tea as good?*

A. The studies were carried out on regular tea. However, the active ingredients, polyphenols, tannins and antioxidants are unaffected by the process of removing caffeine. Decaffeinated tea should be just as effective as the regular sort.

News Shorts

Senseless on Water

In our September 2002 newsletter we reported on the modern obsession with swigging vast quantities of water. We even said how it could be fatal.

We never expected to have the West End actor, Anthony Andrews, graphically demonstrate the point so soon.

Excess

During a hot spell, Andrews gradually increased his intake of mineral water from 9 US pints (4 liters) of mineral water a day to 18 US pints (8 liters).

"In my naivety, I'd never have thought in a million years that I was running the risk of killing myself with water", he said.

Water Intoxication

Over a period of weeks, his body became intoxicated by water overdose. He gradually developed the symptoms: headaches,

weakness, nausea, confusion, unsteadiness and finally delirium and coma.

Near Death

“Andrews was lucky that friends rushed him to hospital”, observed Dr Peter Wheeler. “His brain had started to swell and he would have died in his sleep.”

Andrews had so diluted and unbalanced his body's mineral salts that his biochemistry ceased to function.

Our View?

Our ancient ancestors, although living under a tropical sun, got most of their water from their plant food. They certainly were not swigging from a sports bottle all the time -- and neither need we. Just be sensible about it.

Soy Bad for Babies

Britain's Food Standards Agency (FSA) has raised the alarm about feeding soy to babies. In a recent report, it calls upon the Department of Health to revise its guidelines on soy-based formula milk. They cite one study where such babies were five times more likely to have genital abnormalities.

No Other Soy Benefits

The same report also decided that there was no evidence for the supposed benefits of soya in osteoporosis, heart disease, menopausal symptoms or cancer.

Seduction

Lead author Kirk believes that people are being seduced by the health claims of supplement manufacturers.

Cancer Briefing

Colon Cancer - Part 5

Overweight

... Let us not forget too the benefits of exercise^{2,3,4}. The same dreaded prostaglandin PGE2 is present in much higher quantities in people who are overweight, who are sedentary or who are both⁵.

For example, a modest increase in BMI (Body Mass Index) from 24.2 to 28.8 increased PGE2 by 27%. On the other hand, those who jogged 30 minutes per day had PGE2 concentrations reduced by 28% compared to couch potatoes. Moreover, the old nemesis of a high calorie diet increases risk by 50% over those who have a low calorie intake⁶.

Alcohol

Keeping alcohol intake below the equivalent of two glasses of wine per day is important for those who have a family history of colon cancer⁷.

Coffee

It is reassuring to know that moderate coffee consumption is innocuous. In fact, studies^{8,9} that covered 10 different nations showed that people drinking four or more cups of coffee a day have a 24% LOWER risk of colorectal cancer. Is this a license to drink coffee at will? No, for other reasons it is best to limit coffee consumption to no more than four cups per day....

Next Month - Colon Cancer Strategies Summarized

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.beatcancernaturally.com

Food Policy

“Free-Range” briefing

We recommend always using ‘free range’ eggs and poultry. But what does the term ‘Free Range’ mean?

European Definition: Eggs

The European Commission has strictly defined the term: free-range eggs come from poultry that have continuous access to open air, vegetation covered, ground. The density must be no more than one hen per sq. meter.

European Definition: Birds

‘Free-range’ birds must have, during at least half their lifetime, continuous daytime access to open-air runs comprising an outdoor area of not less than one sq. meter per chicken. Indoors, the density is no more than 13 birds per square meter. The minimum slaughter age is 56 days.

Battery Holocaust

You might think that these are not very generous provisions, but in comparison, a poor battery hen is living in a Holocaust.

Lax USA Definition

The ‘free-range’ situation in USA is a lot worse than in Europe: all that the USDA regulation says is, “producers must demonstrate to the Agency that the poultry has been allowed access to the outside.” So does just five minutes per day, standing room only, qualify?

Our View

Intensive battery farming is an obscene practice and we should not encourage it by buying its products. However, ‘free-range’ practices are still not ideal, even in Europe. We must pressure policy makers to improve regulation and enforcement.

Lifestyle/Disease Links

Prostate: Use it or Lose it

Masturbation is good for you according to new research¹⁰. The more often men ejaculate, between the ages of 20 and 50, the less likely they are to develop prostate cancer.

The greatest protective effect comes in a man's twenties – those who ejaculated more than five times a week were a third less likely to develop aggressive prostate cancer later in life.

One possible explanation for the effect is that frequent ejaculation flushes carcinogens from the prostate gland.

Hints to Stay on Track

Comfort Eating

When your emotions threaten to send you off on a binge, deflect the runaway train into a siding that *you* choose.

Whether it is meditation, a cup of tea, the exercise bike, or a good magazine, find a way that works for you to sidetrack your trip to the kitchen.

Myths and Fallacies

Dietary Cholesterol

Misconception: Cholesterol-rich foods are the biggest contributor to high cholesterol in the blood.

Wrong: *saturated fats* are three to five times as powerful in raising blood cholesterol as cholesterol-rich foods¹¹.

Other big factors are:

- a high glycemic diet
- a diet rich in animal protein.
- a diet rich in dairy casein, including yogurt

Cholesterol-rich foods like eggs and shellfish are minor players. Avoid the big factors above and you can safely eat them as a normal part of the human diet.

Buyer Beware

FDA Food Health Claims

US consumers must brace themselves for a rash of health claims blazoned on food packages. According to CSPI's^a Bruce Silverglade, it is: "the biggest rollback in food-labeling standards in 20 years."

FDA Caves In

Until now, The Food and Drug Administration (FDA) has enforced a very strict standard about what health benefits food labels can claim. Now it has caved into pressure from food industrialists to relax the rules.

^a Center for Science in the Public Interest

New Allowable Health Claims

Under the new program, the FDA will allow a whole range of foods to make "qualified health claims". In increasing order of laxity they are:

- A. scientifically proven;
- B. the science is good but not conclusive;
- C. limited science supports a claim
- D. hardly any support for the claim.

Claims rated a "B," "C," or "D" could, for the first time, be put on a food label right next to a short disclaimer that describes how much proof there is -- or isn't.

Our View

FDA's decision is going to permit virtually unsupported health claims on foods. Even under the current regulations, they allow oatmeal to carry the misleading assertion that it "helps maintain low cholesterol levels".

We think that no food, good or bad, should carry health claims at all.

FDA OK's Walnut Claim

The California Walnut Commission wasted no time getting approval for walnuts. (Previous article.) The FDA has given its blessing to this C-rated health claim:

"Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content".

We support the consumption of walnuts -- provided they are not roasted, salted or rancid (which they often are).

Misleading

However, we deplore the use of half-baked claims like this that cannot hope to explain the full

context. What is the consumer to make of the cryptic remark, "See *nutrition information for fat content*"?

Practical Tips

Crushing Nuts

In some recipes, crushed nuts are called for. Wrap them in cling film and crush them under a rolling pin or a bottle. This works particularly well with pine nuts.

From Page 1

Success Story

Weight and Blood pressure

"After 6 weeks of Natural Eating, his blood pressure is now at 110/90 - ideal for a man of 56 years."

"The doctor could not believe the improvement, and my husband told him what we were doing... The doctor then suggested a low cholesterol diet. Why did he not suggest dietary changes rather than drugs right from the beginning?"

-- J.H., Florida

Keywords: blood pressure, gingivitis, plaque, coconut, Atkins, Russian, Vichy, mineral, swordfish, fennel, Hitchens, Berkowitz, soy, PCB, EPA, water, softener, limestone, chalk, fur, decaffeinated tea, Andrews, Wheeler, colon cancer, free range, prostate, masturbation, comfort eating, myths, cholesterol, FSA, infant, walnut, pine nut

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RESOURCES	qty	US\$	Amount
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The Introductory Guide: the easy-to-read essence of Natural Eating. ISBN 0-9712852-2-5.		7.95	
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