

NATURAL EATING NATURAL EATING NATURAL EATING



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Straight from the Shoulder Comment with no Advertising or Sponsorship.

We accept no reward from companies mentioned in this newsletter.

We are independent of commercial pressure and say exactly what we think.

Success Story: Website Award. **Q of Month:** Plant Food in Pregnancy. **Health Stewardship:** In Good Shape to the End. **Avant-garde Restaurant:** Peabody's. **Happy Consequences:** Strong Bladder. **Recipe:** Bond Cookies. **Q & A:** Which Fish Farmed?, Pregnancy and Fish, Eggs don't Constipate, Dr. Mercola, Diabetes in Pregnancy. **5 Years ago:** Butterfat Lives On. **Food Safety:** Soy Zaps Female Sex Drive. **Buyer Beware:** School Sausage. Manipulation of the Masses. **Myths and Fallacies:** Asian Soy Consumption. **Hints and Tips:** Breakfast - Yes, Hearty -- No. **Food Policy:** Tesco rejects Obesity Plan, Asda may fight Pester Power. **Unexpected Consequences:** Atkins' Products Self-defeating. **Opinion:** Flu vaccine.

Success Story

Website of the Month

Our website has been voted best anthropological Site of the Month by the prestigious on-line Worldwide Virtual Library (www.vlib.org/). Their Anthro-Tech division has posted us as their choice for January 2004. Visit Anthro-Tech's Awards page <http://vlib.anthrotech.com/awards/>

Question of the Month

Plant Food in Pregnancy

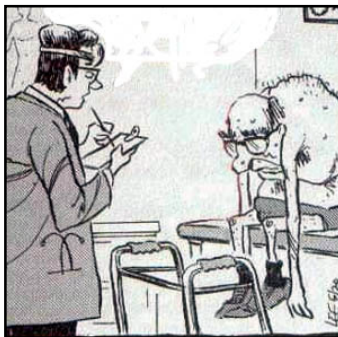
Q. *I am three months pregnant and cannot face eating vegetables -- does it matter?*

A. Women across all cultures feel nauseous and can have trouble eating vegetables in the early stages of pregnancy. Evolutionary biologist Margie Profet says that this has a biological purpose. A young embryo is vulnerable to naturally occurring plant poisons...

Continued page 5

Health Stewardship

In Good Shape to the End



Doctor: "Remember the twenty extra years that you added to your life through clean healthy living? -- Well, these are them."

Secretly, we would like to find a pretext that this cartoon is right; that sacrifice today is not worth the benefit in the future.

But not so fast! To be fighting fit until the end of our days is our *birthright* -- **CLAIM IT** -- by living cleanly and Eating Naturally.

Avant-garde Restaurant

We report with alacrity eateries that design dishes in conformity with Natural Eating principles.

Peabody's Café, California

This sidewalk café, located in Palm Springs' high street, is the latest. Debbie Alexander, owner of Peabody's, has worked with Geoff Bond to introduce her clients to new, healthier dishes. She reports that the take-up is very good. Contact details and a sample dish on **page 5**.

Happy Consequences

Unexpected side benefits of Natural Eating

Strong Bladder

"I am of a 'certain age' and had reluctantly accepted that a weak bladder was an inevitable result of ageing. Since following your program, I am delighted to find that the condition is reversed back to its youthful capacity. *Suzanne H, California, USA.*

Recipe

It is possible to celebrate the season while remaining faithful to Natural Eating. Here is a recipe, inspired by Conny Schober, whose cookbook "It's Your Life" follows Natural Eating precepts. Contact: rolandcon@aol.com

Christmas Cookies YYYYY

Cookie:

- o 4 egg whites, high omega-3, free range.
- o 1 pinch salt.
- o 7 - 8oz* (210g - 240g*), hazelnut meal.
- o 2 T. fructose
- o ½ tsp. allspice, to taste

Chocolate Coating:

- o 2 oz (55 g) dark chocolate (minimum 70% cocoa)
- o 1 tsp. vanilla extract
- o 1 T. rum, dark and flavorful
- o 3 T. orange juice, fresh
- o 1 oz (30 g) chopped hazelnuts

Method:

Beat the egg whites with a pinch of salt to a stiff consistency. Mix in the fructose. Add the hazelnut meal and mix in well to obtain a smooth paste. Shape approx. 15 cookies by hand. Lay out on an oiled cookie sheet. Bake in a hot oven at 350° F (180° C) for approx. 10 minutes. Allow the cookies to cool down. In the meantime, in the microwave oven, slowly melt the chocolate, together with the vanilla extract, rum, allspice and orange juice. Coat the upper-half of the cookies with the melted chocolate. Sprinkle each

* Weight according to egg size.

cookie with approx. ½ teaspoon of chopped hazelnuts. Press them into the chocolate with a spatula.

Comments:

This makes a delicious, chocolate covered cookie with a moist consistency. It is a conforming sweetmeat of the high protein type and should be consumed in limited quantities. Try to eat no more than two at a sitting! Good to eat as a light dessert or with a cup of coffee.

Questions

Which Fish is Farmed?

Q. *I often buy tuna, sardines and mackerel but I worry that they might be farmed and so more contaminated. The label is silent on the matter.*

A. We reported on the worries about farmed fish in our August 2003 newsletter. As we write, only two species of 'oily' fish can be farmed: salmon and trout.

By definition, sardines, herring, tuna, mackerel and pilchards are always wild.

Pregnancy and Fish

Q. *I am pregnant and my fish intake is severely limited. I can only find farmed fish and, because of possible mercury and PCB contamination, we are warned off tuna and mackerel.*

A. We answered a similar question at some length in the May 2003 newsletter, which, if you are web member you can consult on line. Here we give just the main pointers.

The best 'oily fish' are wild salmon followed by herring, sardine, pilchards and most mackerel (roughly in that order). Canned, pickled, smoked and kippered versions are fine too. Three servings a week are enough.

There are indeed worries about possible contamination by mercury and PCB's (see footnote[†]).

However, based on exhaustive studies, authorities in both USA and UK recommend that pregnant women are safe to consume most oily fish with the exception of king mackerel and tuna.

Eggs do not Constipate

Q. *I cannot eat eggs because they give me constipation. What can I do?*

A. There is no connection between egg consumption and constipation. If you are constipated, it is due to the absence of soluble vegetable fiber over a long period. (This can happen during pregnancy nausea -- see 'Vegetables and Pregnancy'.)

Eggs are fine to be eating at any time. Always find omega-3 rich, organic where possible. In UK, Marks and Spencer has a good, new product; in USA, there are many brands stocked locally by both supermarkets and health food stores.

Mercola vs. Media Manipulation

Q *What do you think of Dr. Mercola (www.mercola.com)? I have never seen any mention of him in your newsletters.*

A. We like Dr. Mercola's assault on the misinformation, spin and humbug of healthcare commercial interests. In that sense, we are both fighting a common battle against the forces of media manipulation and sales propaganda.

Mission

We both have a mission to roll back the tide of mass indoctrination and bring intelligent, unbiased information to the thinking public.

[†] PCB's are a class of now-banned industrial chemical. They still persist in the environment and cause liver problems, skin disease, and dizziness.

Much of this information runs squarely counter to the way people have been conditioned to think. (See "Manipulation of the Masses" - page 4)

Mercola Nutritional Theories

Dr. Mercola seems to have come to his nutritional ideas by questioning the basis of the Public Relations spin. This has led him to some sound conclusions -- notably the disastrous effect on the nation's health by the deceitful and self-serving promotion of sugar, grains and soy.

We reach similar conclusions (and many others besides) from a completely different, fundamental angle -- the study of just what human beings are designed to eat.

Diabetes in Pregnancy

Q. *I am pregnant, I ate too many carbs and have now developed gestational diabetes. Have you any tips to get rid of it?*

A. Gestational diabetes is one of many disorders that arise in the titanic battle going on between the mother's body and her fetus.

Fetus Manipulates Blood Sugar

Both mother and fetus need the glucose in the mother's blood -- but the fetus needs more of it than does the mother. The fetus therefore secretes ever higher levels of the hormone *lactogen*. This makes the mother less sensitive to insulin and raises her blood sugar levels to the benefit of the fetus.

However, high blood sugar threatens the mother with diabetes, so she escalates her production of insulin. By the end of the pregnancy, the output of lactogen is raised several thousand times. Insulin levels are sky-high.

Parent-child conflict

In the words of the evolutionary scientist, Dr. Christopher Badcock¹, "Diabetes in pregnancy

once seemed a simple case of illness. Now we see it as one of parent-offspring conflict over blood sugar, fought inside the mother's body with dangerous chemical weapons."

In your case, the battle has been won by your fetus; it has taken over control of your blood sugar levels.

You have glutted both your body and the fetus with blood glucose. You can seize back the initiative by drastically reducing your intake of sugars and starches.

Stay Natural Eating

Our ancestral diet, even for pregnant women, was extremely low in 'bad' carbohydrates. In other words, just continue to follow the Natural Eating precepts in the normal way.

If it is any consolation, gestational diabetes usually resolves itself after pregnancy anyway -- but make sure you help the process by keeping 'bad' carbohydrates out of your diet.

From 5 Years Ago

Butterfat Lives On

Q. *Everyone is moving to skimmed milk. What happens to the fat they skim off?*

A. Ever since the public's move to drinking skimmed milk, the dairy-men have worried what to do with the surplus fat or 'butterfat'. Butterfat is a bad fat loaded with artery-rotting palmitic and myristic acids.

However, there is an unforeseen movement to eat more premium *ice cream* - which uses lots of butterfat!

So... the healthy move by one section of the American public -- to low-fat milk is more than counterbalanced by the unhealthy move by the same people or others -- to consumption of high fat ice cream.

Our View Today? We were too innocent in saying "...there is an unforeseen movement to eat more premium ice cream...". This movement was not 'unforeseen'. It was carefully orchestrated by the dairy industry - and ice cream makers like Ben and Jerry's. They skillfully used the Bernays psycho-techniques ('Manipulation of the Masses', page 4) to shift public attitudes and recycle reject butterfat into people's bodies.

Food Safety

Soy Zaps Female Sex Drive

Dr. Heather Patisaul of Emory University, Atlanta, researches the effect of soy toxins on brain function and mood. In studies on rats, she finds² that soy supplements decrease female sex drive by as much as 70 per cent. This, together with evidence from other studies³, indicates decreased sex drive in women too, as well as problems with vaginal dryness.

Our View?

Soy has been much hyped, Bernays style (see 'Manipulating the Masses', page 4). The hype focuses on supposed 'benefits' of the phytoestrogens contained in soy. But these very compounds are also *antinutrients*. They equivocate with us; they promise riches but deliver ashes.

The equivocating phytoestrogens are not the only problem. There are many other antinutrients and allergens in legumes -- and soy in particular; they are not miracle foods. They are beans to which humans have never become naturally adapted. Their antinutrients disrupt bodily processes, making us sick in many subtle, unsuspected ways.

Depressed sex drive is just one more argument for keeping soy out of the diet. See also **SOY BRIEFING - Wolf in Grandma's Clothing** on our website:

www.naturaleater.com

Buyer Beware

School Sausage

In the UK, this is the recipe for a typical school meal sausage:

- o 30% pork fat
- o 20% mechanically recovered chicken meat.
- o 17% water
- o 30% dried bread
- o 3% additives, 'enhancers', colorings and preservatives.

The sausage skin is made from collagen derived from cowhide.

We feed this to our kids?

Manipulation of the Masses

Brainwasher Bernays

Sigmund Freud had a remarkable nephew, Edward Bernays who migrated to New York as a baby. In 1919, Bernays opened his marketing agency. He offered techniques, perfected using Freud's psychological principles, to "influence people to buy products they don't need or want". Bernays called this technique 'Public Relations'.

Manipulating Consumers

These psycho-techniques were used with remarkable success: for example, in the 1920's to persuade women that it is "OK" to smoke in public. Bernays' client, the delighted American Tobacco Co, saw cigarette sales soar.

Bernays 'engineered' public opinion in many other celebrated cases -- including the idea that bacon is a breakfast food.

Controlling Nations

The lesson was not lost on the great dictators of the 1930's either. Hitler, Mussolini and Stalin all deployed Bernays' techniques for manipulating the opinion of the masses. This appeal to the 'herd instinct' (as Bernays coined the phrase) made whole nations malleable and controllable.

Today, these same techniques for molding our behavior are all-pervasive. There is not a health

scare, safety scandal or political alarm that is not shaped and designed to mold your opinion.

Front Organizations

Many of them are set running by organizations with innocent sounding names: The Cato Institute, Alliance for Better Foods, British Nutrition Foundation. These are all front organizations for high-powered commercial interest lobbies.

Reverse Brainwashing

We agree with Dr. Mercola (page 2). We have to put the whole machinery of mind-manipulation in our sights. The man in the street will not reverse his fortunes until he seizes back control of his brain.

Myths and Fallacies

Asian Soy Consumption

"Soy must be good -- look at how the Chinese have long, healthy lives." We hear this argument all the time -- but how much soy did the Chinese really eat?

Chinese Consumption Lowest

The Chinese octogenarians of today lived the formative part of their lives before WWII. According to KC Chang, editor of Food in Chinese Culture, the total soy protein intake in the 1930's was no more than **5 grams** per person **per week!**

Japanese Consumption Low

Even today, according to a recent study in Japan, the estimated⁴ amount of soy protein consumed only averages 8 grams/day for men and 7 grams/day for women. That is just over a teaspoon per day -- hardly a major component of the diet.

Western Over-Consumption

The average Western soy consumer thinks nothing of taking in **two 4-oz portions a day** of soy products (soy burgers, tofu, yogurts, milks, cheeses etc.)

That is 70g of soy protein per day -- *ten times* what the prosperous

Japanese currently over-consume and **100 times** the Chinese consumption of the 1930's.

Fooling Ourselves

No, the reality is that soy has only been a minor adjunct to the Asian diet. We fool ourselves if we dream that it has anything to do with the fabled Asian health. On the contrary, Asians are healthy due to other, more important factors -- *in spite of* eating soy.

Hints and Tips

Breakfast? Yes, Hearty? No

Don't skip eating at breakfast -- many who do will end up over-eating the rest of the day.

However **DO AVOID** the 'hearty', high-glycemic traditional one. Focus on one or more of the Natural Eating recommendations:

- o low glycemic fruit,
- o salads any style
- o eggs any style
- o vegetable stir fry
- o poached/grilled fish
- o grilled poultry breast

Food Policy

The commercial interests show their claws when they are put up against the wall (see our article on Dr. Mercola, page 2).

Tesco Rejects Obesity Plan

UK's Tesco supermarket rejected several requests from the Parliament Health committee for help in reducing childhood obesity. Tesco claimed it had a duty to put its customers and shareholders ahead of healthy eating concerns.

Asda to fight Pester Power?

On the other hand, Asda (owned by Wal-Mart) agreed to "look at" moving sweets from checkouts to help parents win the battle against "pester power".

...Bully for Asda!

Unwanted Outcomes

Atkins Products Self-Defeating

The Atkins sales machine has become too good at selling its low carbohydrate special products. People eat so many of Atkins' low-carb snacks, muffins, and power bars that their calorie consumption rises to where they don't lose weight.

Says Colette Heimowitz, an Atkins nutritionist, "They cannot sacrifice their vegetables for low-carb products. The products were formulated to make the lifestyle easier, not as a substitute for healthy eating habits."

Our View? Colette said it right there -- people should focus on **AUTHENTIC** plant food -- not Atkins' manufactured **FAKE** food.

Opinion

Flu Vaccine

On page 2 we talk about Dr. Mercola's counter-culture ideas. One of them is the notion that flu vaccination is just a scare by the pharmaceutical companies to increase turnover.

It is undoubtedly true that these companies have been lobbying hard (and planting sob stories) to drum up business. This is classic Bernays' psycho-technique (see 'Manipulation of the Masses', page 4).

Dr. Mercola argues that if only our immune systems were up to speed, we would resist flu perfectly well. We trash our immune systems by bad lifestyle, particularly the way we eat.

So far so good. However, it is a leap to say that a perfectly functioning immune system can defeat any disease.

Primal peoples with good, naturally adapted lifestyles were, nevertheless, vulnerable to new diseases brought by Europeans. Immune systems have to *learn*

about new diseases and strains. In the process, some people get very sick.

We think that the drive to vaccinate against flu is over-hyped and exaggerated. But you are on your own -- if you think you are particularly vulnerable, then it might be worth the quick fix. But do focus on getting your immune system up to speed as soon as possible!

Eating Naturally is the best defense against flu.

From Page 1

Avant-garde Restaurant

Peabody's Café

Here is one that we have tested:

"Sautéed Chicken Salad":

- o 8 oz chicken breast grilled in olive oil.
- o Onions and bell peppers grilled in olive oil.
- o Avocado and Roma tomato topping.
- o Bed of crisp romaine lettuce.
- o Olive oil and vinegar dressing

This dish achieves extra succulence by the subtle combination of warm, grilled ingredients served with cool salad.

Contact: Peabody's Café, Palm Springs, California.
Tel: 760-322-1877

Question of the Month

Plant Food in Pregnancy

Dr. Profet, who is from the University of Washington, Seattle, says⁵ that the nausea disappears about the time the embryo has developed its organs and copes just fine with plant toxins.

Women with pregnancy sickness typically avoid bitter, pungent, highly flavored foods, which are the ones most likely to contain toxins.

What to Do?

Should women fight morning sickness and eat plant foods anyway? Not really! She should

listen to her body, not worry about 'eating for two', go with the flow and wait for the phase to pass.

An embryo can nourish itself very well from the stores of nutrients in the mother's body, demanding priority in case of a general shortage. So, even if the mother is eating very little, the embryo does just fine.

Serendipity

Easier Washing Up

"I have found that there is a happy, unexpected advantage of preparing food the Natural Eating way: cleaning up is far easier. There are fewer dishes and they are easier to wash up."

J A, London

Our View? Indeed. The absence of deep-frying and roasting means no stubborn grease on pots, pans, dishes and stove. No cheese means no obstinate melted gunge to remove.

Upcoming Public Events

Contact us for further details.

See 'Info' below or page 6

TALK

"Fear Not Cancer!" Revolutionary Insights for Avoidance and Recovery.

Thurs, Jan 8, 2004, 9:30 am

Mizell Senior Center

480 S. Sunrise Way,

Palm Springs

Entry: Open, Free

Info: 1-888-240-3493

Keywords: Anthro-Tech, Profet, virtual library, Peabody, bladder, cookie, farm fish, Mercola, constipation, gestational diabetes, fetus, lactogen, butterfat, sex drive, school sausage, Patisaul, Freud, Bernays, Chinese soy, Chang, Tesco, Asda, Atkins, flu vaccine, Ashby.

¹ Badcock; Psycho-Darwinism; Harper Collins; London 1994.

² Patisaul; Society for Neurosciences Meeting, New Orleans, November 12, 2003

³ Patisaul et al; Endocrinology; 142: 2946-2952, 2001.

⁴ Nagata C, Takatsuka N, Kurisu Y, Shimizu H; J Nutr 1998, 128:209-13)

⁵ Scientific American, April 1996

| 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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| e-mail – 1 consultation + one follow up | | 50.00 | |

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