

# NATURAL EATING

*Eating In Harmony With Our Genetic Programming*



Part I

## **GUIDE** **Natural Eating in a Nutshell**

Geoff Bond  
Nutritional Anthropologist  
[www.naturaleater.com](http://www.naturaleater.com)

*I thought you might enjoy reading about nutritional anthropologist Geoff Bond's "Natural Eating" program. Geoff has devoted a good deal of research to the subject and makes many interesting points in his book. I have become a believer in Geoff's program and it has worked well for me. Happy reading! While you may ultimately decide that this pattern of eating is not for you, I hope the book gets you thinking about the important part that eating choices play in your health and general well-being.*



*Emmanuel Kampouris*  
Chairman, President and CEO  
American Standard Companies Inc.

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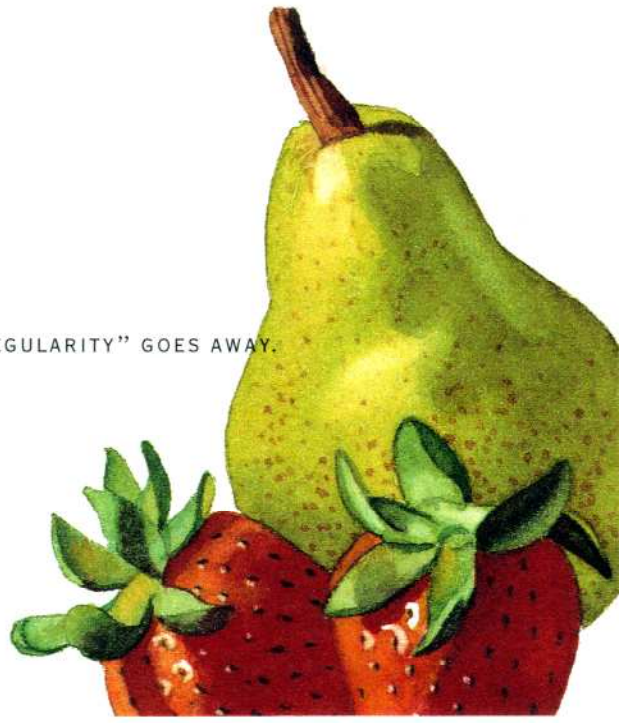
## EATING THE WAY WE'RE DESIGNED TO EAT.

Maybe they didn't have your fridge or microwave or 12-speed blender, but chances are your distant ancestors still ate better than you. Before people invented all the things that we equate with civilization – cities, agriculture, Buffalo wings, that sort of thing – they ate the foods they could find most easily as they foraged about. And what they could find most easily were, of course, vegetables, fruits and the occasional small creature. They didn't confine their eating to three set mealtimes either. They ate in small, frequent batches. And as it turns out, that's exactly what we modern-day sophisticates need to be doing too.

## THE BENEFITS (*And There Are Lots Of Them*) OF NATURAL EATING.

Start eating naturally and you'll suddenly see a lot of things start to fall into place.

- THERE'S WEIGHT CONTROL.
- THERE'S IMMEDIATE IMPROVEMENT IN YOUR VITALITY.
- THERE'S ENOUGH FIBER IN YOUR DIET.
- THERE'S NO SATURATED FAT AND LITTLE CHOLESTEROL.
- YOU'LL HAVE GOOD DIGESTION. THAT OLD NEMESIS "IRREGULARITY" GOES AWAY.
- EVEN YOUR COMPLEXION IMPROVES.





Now, you'll be forgiven some skepticism at this point. Those are some pretty tall promises indeed. So, read on, and we think the facts of Natural Eating will overcome your skepticism.

*Science Endorses The Cavemen.*

Drawing on my research, the Natural Eating program is based on an appraisal of the eating patterns for which we are *genetically programmed*.

The conclusion: Your “primitive” ancestors ate the foods – and ate them in the ways – for which the human body is best designed. Today we’ve strayed alarmingly far from the pattern of eating that’s natural for our species. Today, 60 percent of our diet is “novelty” food, newfangled concoctions introduced only in about the last 10,000 years.

FOR THE CURIOUS, MY APPRAISAL LOOKED AT THE FOLLOWING:

- THE HUMAN DIGESTIVE SYSTEM – HOW IT’S DESIGNED TO WORK
- HUMAN BODY CHEMISTRY – THE RAW MATERIAL IT NEEDS TO FUNCTION PROPERLY
- SPECIES LIKE GORILLAS AND CHIMPS WITH BODIES SIMILAR TO OURS
- FORENSIC ARCHEOLOGY – HOW HUMANS LONG AGO NOURISHED THEMSELVES
- STATISTICAL POPULATION STUDIES – WHY SOME PEOPLES ARE HEALTHIER AND LIVE LONGER
- CLINICAL TRIALS – TESTING SAMPLE GROUPS IN THE MEDICAL EFFECTS OF EATING DIFFERENT WAYS
- ANTHROPOLOGY – HOW ANCIENT AND CONTEMPORARY HUNTER-GATHERER CULTURES EAT

*It Helps To Know What We Aren't.*

You've probably heard humans described as omnivores, meaning "eaters of everything," as if we were carnivores, herbivores and all the rest rolled into one. Now, while most of us behave as if that's true, from the standpoint of biology, it really isn't. **We're not designed as carnivores.** Natural meat eaters like cats have teeth designed for tearing. Ours are designed for grinding. Cats have different digestive tracts with powerful gastric juices and protein-digesting enzymes. We have a long digestive tract with weaker gastric juices and enzymes. Ours is a tract which, on a high meat diet, becomes a lengthy toxic sewer. Evidence suggests that our ancient ancestors' diet did include perhaps 15 percent animal matter. But – and this is important – it was largely the kind of animals you could catch with your bare hands like lizards, snakes and, yes, bugs. It definitely wasn't our fatty modern farm meat. **We're not designed as herbivores.** Herbivores like cattle and sheep have several stomachs and symbiotic bacteria to help them draw nutrition from grass and straw. We, obviously, are a couple of stomachs short. Even if humans do try to live on grass, they starve. **We're not designed as lactivores.** You were, but not lately. Lactivores are creatures that can live on a diet of milk. A human baby is a lactivore, but only for around three years. Remember that nursery rhyme about curds and whey? A baby's body manufactures

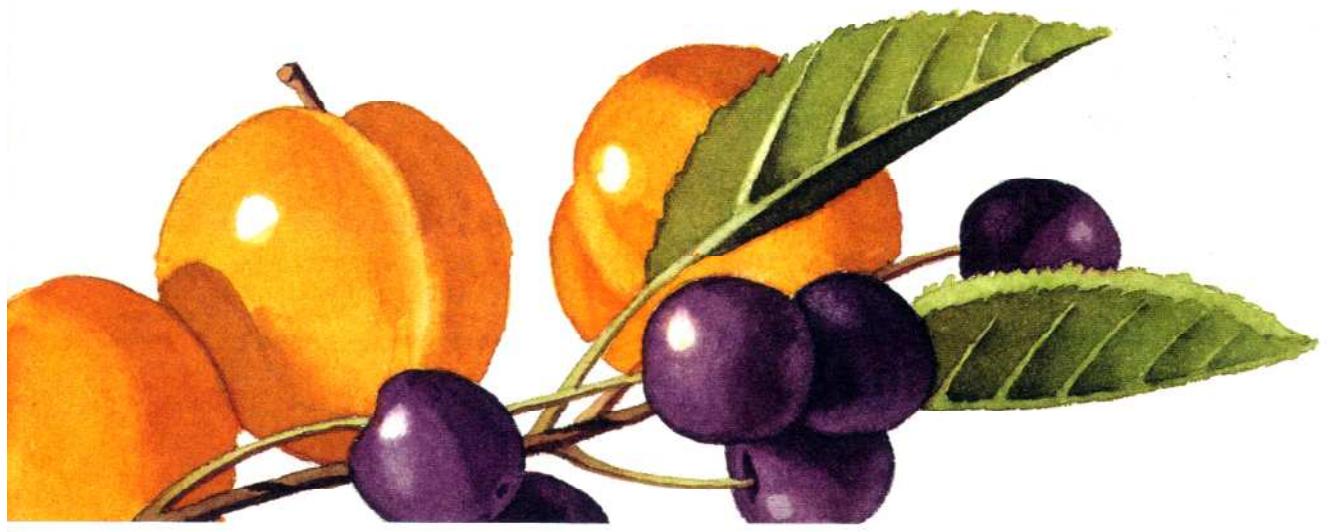


enzymes that curdle the milk, separate the curds from the whey and digest it all quite nicely. But the body stops making those enzymes at around three years of age. After that, when you drink milk, an indigestible clump of goo wends its way through your digestive system.

**W**e're not designed as granivores. These are the grain and cereal eaters like chickens. They have crops as well as stomachs and swallow stones to grind the seeds they eat. They also have special enzymes to digest grains, cereals and seeds. Humans do not. *We cannot digest raw cereals.* They have to be pre-processed like breakfast cereals or cooked like bread, pasta or cakes.

*Why Grains Are Best Avoided.*

**W**e should talk further about this whole granivore business, because we've all been taught that bread is the staff of life. That has been so, but only for around 7,000 years. Before that, there was no bread and, incidentally,



no dental cavities! **B**ut there's more trouble way beyond the help of fluoride toothpaste. Cereal products are "fast sugars." Before you even swallow them, they're already being converted into sugar, which then comes crashing into your bloodstream. Fast sugars stress the human body's blood-sugar control mechanism. Initially this can lead to obesity and diabetes, but worse, it leads to "hyperinsulinemia." What's that? It simply means that your body is producing insulin in abnormal quantities and over unduly long periods of time. It can happen to anyone, thin or obese, and it's something you definitely want to avoid.

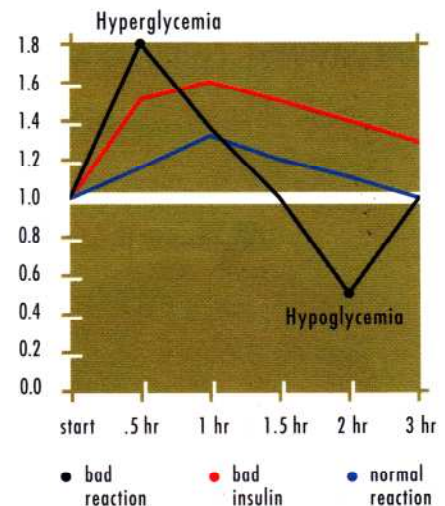
TOO MUCH INSULIN  
MAY CAUSE

- THROMBOSIS
- BLOOD CLOTS
- ALLERGIES
- HIGH BLOOD PRESSURE
- IMMUNE DEFICIENCY
- HIGH CHOLESTEROL

*Getting Off The Rollercoaster – A Benefit Of Natural Eating.*

**C**hances are, your diet is causing a vicious cycle of radical, dangerous swings in your blood sugar level. Eating naturally keeps your blood sugar at a steadier, healthier level, helping prevent everything from high blood pressure to allergies.

**N**o wonder you get sleepy after a big meal. Look at what happens to your blood sugar when you follow the typical American diet.



Carbohydrates – high-energy foods like grains and sweets – cause hyperglycemia, a sudden spike in your blood sugar level. The poor, overworked pancreas responds with a heavy dose of insulin. Down plunges the blood sugar. Not only do you feel listless then, but you also crave more of the carbohydrates that shot your blood sugar out of control in the first place. And you’ve still got that last shot of insulin swimming through your system making trouble. **W**hen you see this vicious, nonstop roller-coaster ride, it’s no wonder that diabetes – the inability of an overstressed system to properly metabolize blood sugar – is running wild through the American population. It used to be a rare genetic disorder, however, adult-onset diabetes is much more common today. Many would blame our diet.

*Haven't you forgotten something? If we're not omnivores, what kind of creature are we?*

**W**ell, we’re pretty much a “fructi-folivore.” That means fruit and plant eater. That’s what we are by design anyway, if not by habit. Our body design takes it for granted that we’ll eat vegetables and fruit in large quantities every day.





Our small intestine is relatively long, for the lengthy processing that vegetation requires. Our teeth have been closely studied and found to be ideal for fruit and light vegetation – right down to the grinding force exerted between the cusps. Even the friendly bacteria and other flora in our colon feed best on the residue from vegetation. Meats, sugars and starches encourage bad flora – disease-causing organisms like the yeast *Candida*. People sometimes ask: “Where do you get your calcium? – and protein?” This kind of question just shows how deeply we’ve been indoctrinated by scare-mongering marketing messages. Just ask yourself, where

#### THE NATURAL WAY OF EATING

##### WHAT:

- A LOT OF VEGETABLE MATTER
- A LOT OF FRUIT
- NUTS IN SMALL QUANTITIES
- SOME WILD GAME AND A LITTLE FISH
- SOME EGGS
- AND MAYBE SOME LEGUMES

##### HOW:

- EAT AT FREQUENT INTERVALS
- AVOID BAD COMBINATIONS

#### WHAT WE’RE NOT DESIGNED TO EAT *(“Novelties” In The Human Diet)*

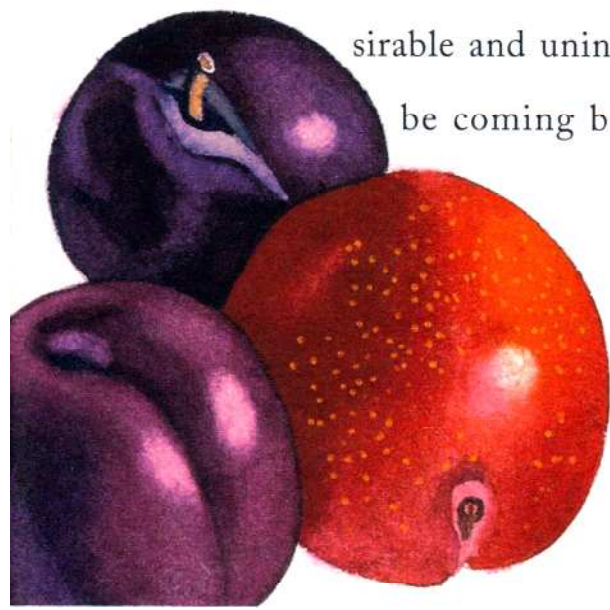
- CEREALS LIKE CORN, WHEAT (EVEN BREAD) AND RICE
- BULK VEGETABLE OILS LIKE SUNFLOWER, SAFFLOWER, CORN OR PEANUT
- HYDROGENATED OILS AND TRANS-FATTY ACIDS
- HEAVY STARCHES LIKE POTATOES
- MILK PRODUCTS (PAST THE AGE OF ABOUT THREE)
- DOMESTICATED ANIMAL MEAT LIKE BEEF, PORK AND LAMB
- SUGARS LIKE CANE SUGAR, HONEY, MAPLE SYRUP

do massive, powerful, big-boned creatures like the bull, the elephant, the rhinoceros and the horse get their protein and calcium? They get it from vegetation. And even closer to home, genetically speaking, just look at our friend the gorilla. Genetically he's 98 percent identical to us. He eats only fruits and vegetables. He has almost no body fat. And he's 430 pounds of raw power.

*It's Not Just What You Eat.*

Look back at the chart on page eight titled *The Natural Way of Eating*. That part about combinations is very important. The body processes different types of foods in different ways. Today, we complicate matters by eating food groups (like starches and dairy products) that were never part of our Stone Age ancestors' diet – and jumbling them up together.

Natural Eating involves the really rather simple matter of combining foods in ways that maximize their nutritional benefits and avoid undesirable and unintended consequences. That's a key idea we'll be coming back to a lot in this book.



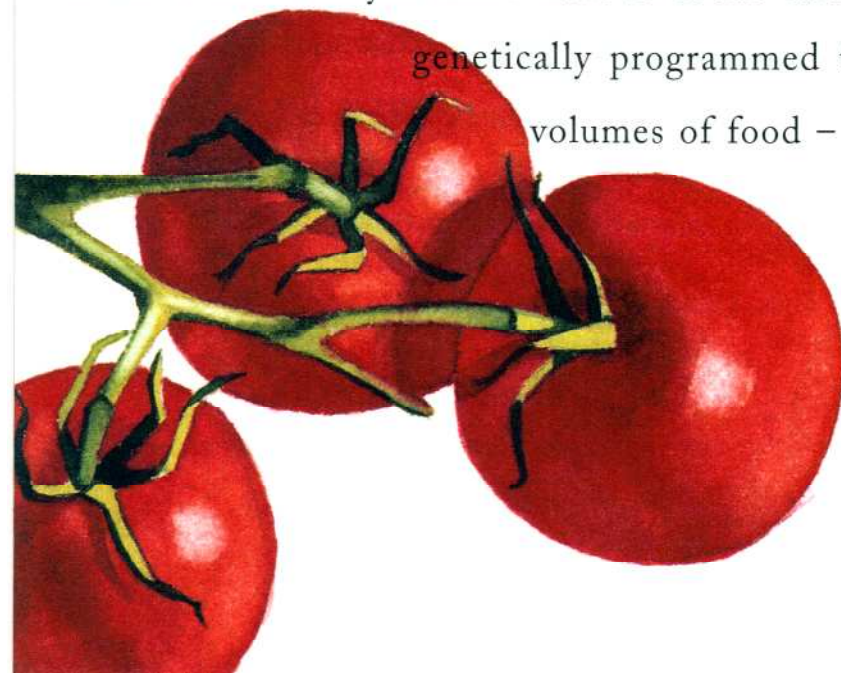


### *How Extreme Is This Program?*

Now, while a complete overhaul of your diet might be the ideal (and for simplicity's sake a lot of the material in this book is stated in terms of ideals), all we're really after here is a change in the right direction. As long as there are corner delis and weekend cookouts, it's unlikely that many of us will dive into Natural Eating to the exclusion of everything else. But that's okay. Even small changes in your eating patterns can pay off quickly. Sometimes in a dramatic way. Our hope is simply that, once you experience the benefits of Natural Eating, you'll adopt it more and more into your life.

### *Weight Control Comes Naturally.*

One of the most satisfying rewards of Natural Eating is that you get to eat a lot! And you don't have to count calories. That's because we're genetically programmed to function best on large volumes of food – as long as it's low-calorie





food like fruits and vegetables. The problem today is that we eat large volumes of the wrong foods – high-calorie foods like meat, fat and bad carbohydrates. Returning to the eating pattern your body was designed for will help your body return to the shape it was designed for – the shape of an athlete! The key is to eat simply – small but frequent meals – and avoid bad food combinations. It's really not hard to do. You'll read how in a couple of pages.

*Fighting Our Leading Killers.*

Statistics tell the sad story. Many people will die of a cardiovascular disease. Heart disease, high blood pressure and arteriosclerosis are often brought on by high insulin and saturated fat levels – problems that don't exist with a natural diet. Strokes and diabetes have a common dietary source too: bad carbohydrates like sugar and grains and their effects on insulin production. As the chart on page six demonstrates, eating naturally helps keep insulin levels within proper norms automatically. And as for cancer, our other leading killer, your immune system plays an important role in fighting attackers like cancer cells as they arise – if it's well nourished and properly tuned. Natural Eating shores up the immune system, keeping it in balance.

*Name A Health Problem – Natural Eating Can Probably Help.*

Take osteoporosis, the loss of bone mass that can come in a person's later years. My research suggests it's a Western disease, rare in other parts of the world. Millions dread the onset of osteoporosis and *spend* millions trying to replace lost calcium. The question is, why ever get into the problem of losing calcium in the first place? My research suggests that our bone calcium "capital" is squandered largely through dietary errors such as the over consumption of protein. I believe the natural eater doesn't have to worry about it. You do need calcium, of course. A natural diet heavy on fruits and vegetables should give you all you need, and in a way that your body most readily retains. Osteoporosis, heart disease, diverticulosis, high blood pressure and high insulin (remember those "fast sugars" in cereals?) are all distressingly common health problems, which my reading of the scientific evidence suggests Natural Eating can help to prevent.

*The long-lived Japanese.*

The Japanese have one of the longest life expectancies documented in the world. Population studies indicate that their incidence of heart disease, colon cancer, diabetes, prostate enlargement, breast cancer and high blood pressure is a fraction of that for Americans. And guess what? The traditional Japanese diet has close similarities to this Natural

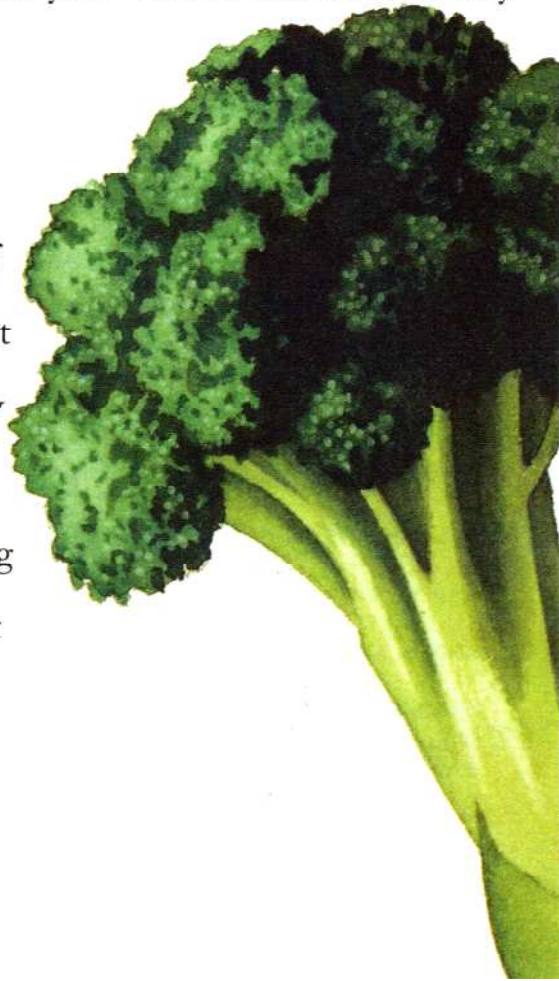
Eating plan: rich in vegetables and fruit, with a little fish, and practically devoid of meats and dairy products. Coincidence? Well, when Japanese immigrate to the U.S. and adopt an American diet, their health statistics become the same as for other Americans.

*A Note From Your Doctor.*

**D**on't do anything rash. As beneficial and, well, natural as Natural Eating is, if you have a medical condition, you should still consult your physician before making wholesale changes in your regimen. Even if you don't have a medical condition, check with your doctor before radically changing your diet.

NATURAL EATING STEP BY STEP.

**I**t's really pretty easy, a simple matter of knowing what to eat a lot of, what to eat little or none of, and then an idea of how to combine foods wisely. Keep in mind as you read these lists that we're talking about ideals. Any movement in the right direction is beneficial.





## *What To Eat.*

- VEGETABLES AND SALADS: A MINIMUM OF 40 PERCENT OF YOUR DIET (UP TO THREE POUNDS PER DAY).
- FRUITS: A MINIMUM OF 25 PERCENT OF YOUR DIET (UP TO TWO POUNDS PER DAY).
- FRESH, RAW UNSALTED TREE NUTS (ALMOND, BRAZIL, WALNUT, ETC.): TWO TO FOUR OUNCES PER DAY FOR ESSENTIAL FATTY ACIDS, MINERALS AND VITAMINS.
- LEGUMES (LENTILS, GARBANZO BEANS, ETC.): USEFUL ALTERNATIVES TO MEAT DISHES.
- FISH: UP TO 12 OUNCES PER WEEK IS GOOD FOR YOU (BUT IT'S OKAY TO EAT NONE).
- GOOD OILS: A TABLESPOON OR TWO OF CANOLA, OLIVE, WALNUT OR FLAX OIL DAILY (E.G., IN STIR-FRIES AND SALAD DRESSINGS).
- GOOD FATS: NO MORE THAN A TABLESPOON PER DAY OF CANOLA OR OLIVE OIL-BASED SPREADS WITH LITTLE OR NO HYDROGENATION. (HARD TO FIND - CHECK THE HEALTH FOOD STORE.)
- EGGS: UP TO SIX A WEEK IS FINE.
- CHEESE: UP TO SIX OUNCES PER WEEK IS OK.
- VEGETABLE PROTEIN: MEAT SUBSTITUTES (SOY PROTEIN, TEXTURIZED VEGETABLE PROTEIN, ETC.).

## *What To Control.*

- RED FARM MEAT (BEEF, LAMB, PORK, HOT DOGS, SALAMI, SAUSAGES, ETC.):  
REDUCE YOUR CONSUMPTION TO AS CLOSE TO ZERO AS POSSIBLE.
- FARM FOWL (CHICKEN, TURKEY, DUCK): NO MORE THAN EIGHT OUNCES PER WEEK.
- CEREALS AND STARCHES: NO MORE THAN EIGHT OUNCES PER DAY. NONE IS BEST.
- MILK AND ITS PRODUCTS: REDUCE CONSUMPTION TO AS CLOSE TO ZERO AS POSSIBLE.
- BAD FATS AND BAD OILS: OTHER THAN THE "GOOD" FATS AND OILS MENTIONED ABOVE, AVOID ALL FATS AND OILS. PAY PARTICULAR ATTENTION TO HIDDEN BAD OILS AND BAD FATS (HYDROGENATED, TRANS-FATS, BUTTER, ETC.) IN MADE-UP PRODUCTS LIKE PASTRIES, COOKIES, CAKE MIXES AND THE LIKE.



## DIGGING DEEPER INTO NATURAL EATING.

*Are Food Combinations Really That Important?*

We can't overemphasize this. Bad combinations have all sorts of nasty consequences. **F**ruit, for example, is processed in the small intestine, not in the stomach. It needs to reach the intestines quickly to release its minerals and vitamins there. Eating fruit along with, say, starch delays the fruit in your stomach, where it starts to ferment. **T**he smartest way to eat fruits is to eat them by themselves. **S**tarch with protein is not a happy marriage either. Your body produces different enzymes to process these two food categories, but it can't do

**COMBINING FOODS.**

BECAUSE DIFFERENT TYPES OF FOODS ARE DIGESTED IN DIFFERENT WAYS, IT'S IMPORTANT TO COMBINE FOODS IN THE RIGHT WAY.

**FAVORABLE COMBINATIONS**

• FRUITS	MIX WELL WITH	FRUITS
• FRUITS	MIX TOLERABLY WELL WITH	VEGETABLES
• VEGETABLES	MIX WELL WITH	PROTEINS
• VEGETABLES	MIX WELL WITH	STARCHES

**POOR COMBINATIONS**

• STARCHES	MIX BADLY WITH	FRUITS
• STARCHES	MIX BADLY WITH	PROTEIN
• PROTEINS	MIX BADLY WITH	STARCHES
• PROTEINS	MIX BADLY WITH	FRUITS

both at once. It has to choose which one it will digest. Meaning part of that hamburger or pizza will move on through your system as undigested food particles. This encourages bacteria, fungi and yeasts, which contribute to everything from allergies to Candida to colitis. It also multiplies the fattening effects of fat. In other words, bad news. **A**nd so we repeat: Don't mix starches with proteins. **I**n summary, it's best to sort your foods into small batches – not unlike what you do with your laundry! Keep your meals simple. The fewer items the better.

*Try For Small But Frequent Meals.*

**T**he stomach really doesn't work like some kind of biological mixmaster where everything you eat is churned up together. Medical researchers estimate that the ideal volume for a meal is no more than a pint and a half. More than about two pints and some of what you've ingested won't even be in contact with the digestive juices. It just sits there and – unpleasant but true – goes bad.

*The Best Part About Batches.*

**O**nce you get used to browsing – eating frequent but small quantities – it's really a pretty nice way to live. You don't ever have to get ravenously hungry.

