

NATURAL EATING NATURAL EATING NATURAL EATING

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Human Nature**Breeds and Parenting**

Last month we looked at the Nordic-type/shyness link. This month we look at the connection between genes and parental investment.

Some species, such as frogs and rabbits, have very large numbers of offspring, casually let them go and rely on sheer numbers to ensure that enough will survive.

Other species, such as humans, penguins and elephants have few offspring but take great long-term care of them -- they are said to have high 'parental investment'.

Biologists describe those that breed at a high rate as having a high 'r'. Those that invest in their offspring are said to have high 'K'. Most species fall at some combination of r and K between these two extremes.

In a more modest way, the same can be said about breeds *within* a species. Researchers find that human breeds also fall on a continuum between high r, low K, (sub-Saharan Africans) and low r, high K (Orientals and Whites).

In a classic piece of 20-year scholarship*, the evolutionary psychologist, professor Philippe Rushton finds that, on average, Orientals score low on sex hormone levels, promiscuity, impulsivity and intercourse; they score high for law abidingness, parental investment, cultural achievement and marital stability. Blacks score the opposite.

Continued: page 4**Human Food****Purslane – the Wonder Salad**

"I have made a satisfactory dinner off a dish of Purslane which I gathered and boiled. Yet men have come to such a pass that they frequently starve, not from want of necessities, but for want of luxuries." Henry Thoreau - Walden; or Life in the Woods



Purslane leaves look like baby spinach. They are rich in omega-3, vitamin C and many other powerful anti-oxidants

Last month we talked about the wonder plant, purslane, which is commonly sold as a salad leaf in Cyprus. It is common in the Greek island of Crete, too and was highlighted by researcher Ancel Keys, author of the Mediterranean diet.

As New England philosopher Thoreau shows, purslane grows widely, and in the southern USA is considered a weed. Indeed its common name there is 'pigweed' and farmers go to a lot of trouble to eradicate it from their fields.

Ironically, purslane is a luxury restaurant item in upscale New York, Los Angeles and Montreal establishments. Some enterprising Texas growers are now producing purslane for such commercial users. However, it is very hard to find purslane as a retail customer.

Continued: page 4**Book Review****The Magnesium Solution for Migraine Headaches**

by Jay S Cohen MD

Square One Publishers†, NY11040, USA, 2004. 92 pages, \$5.95

Migraine sufferers have to put up not only with the pain of their headache, but also with the inability of conventional medicine to do much about it. Drugs are potent, only work patchily and have nasty side effects.

This useful little book looks at one probable underlying migraine cause - magnesium deficiency. Dr. Cohen describes how up to 75% of Americans are deficient in this mineral and as a consequence are sick in many ways. Doctors are widely ignorant about magnesium and, in the pharma-culture that predominates, always think of drugs as first resort rather than last.

Dr. Cohen reviews many of the lifestyle factors that seem to provoke migraines, many of which deplete the body's magnesium stores. Prudently, he does not claim that correcting the magnesium deficiency will cure all migraine headaches. However, he provides impressive evidence (evidence that your doctor will respect) that a high percentage of patients will get relief.

This eminently readable book has guidance on the types of magnesium available and how to find the right dose for you. The insights in this book can transform the lives of migraine sufferers.

† www.squareonepublishers.com* Race, Evolution and Behavior; New Brunswick, NJ; Transaction Publishers; 3rd Edition, 2000.

Quick Fix of the Month

Wahoo Steak and Vegetables

Wahoo is a fish related to the tuna and swordfish. They can be used instead, if you cannot find wahoo.

YYYYY

Serves 2 as a main course

Ingredients:

- 10 oz (285 g) Wahoo steak, frozen or fresh
- 4 Green (spring) onions, sliced
- 6 oz (175 g) mushrooms, sliced
- 1 Zucchini (courgette), sliced
- Olive oil
- 1 Tablesp. (15 ml) white wine
- Curry powder
- Italian herbs (or similar)
- Lemon juice, salt and pepper

Method:

Rinse the steak and pat it dry (no need to defrost).

Sprinkle both sides with lemon juice and set aside to marinate.

Meanwhile, slice the onions, mushrooms and zucchini.

Take an oiled microwave baking dish and layer in the onion and mushroom.

Drizzle the white wine and sprinkle Italian herbs.

Sprinkle both sides of the Wahoo steak with curry powder and drizzle some olive oil over it.

Lay the zucchini on the steak, drizzle oil and some Italian herbs. Salt (or lemon juice) and pepper to taste.

Cover with film and cook in the microwave on full power (or 650 W) for approx 10 mins. or until cooked.

Comment:

This is a quick and healthy dish but it will need to be served with extra vegetables such as swiftly blanched green beans. Notice that we use olive oil (not Canola) because of its resistance to heat. The purist will use lemon juice instead of salt.

Questions

Your queries are welcome. Contact:

info@naturaleater.com

Colon Cancer Diet

Q. I am 37. I was in good health but my eating habits were horrible. I am scheduled to have surgery to remove

a section of my colon and find the extent of the cancer. I have downloaded your material on www.beatcancernaturally.com. Will there still be hope if I adopt your diet even if I am advanced?

A. You will have seen that cancers arise largely because the body's immune system has been undermined by dysfunctional eating habits. There can be other factors too, but with colon cancer it is a double whammy -- in addition there is the carcinogenic irritation from the bad food that you've put down there.

It is essential therefore to stop doing whatever you have been doing and start putting fuel into the tank that the body recognizes – RIGHT NOW!

Normally we would say avoid surgery until your own body has been given a chance to repair itself. But by the sound of it, your medical advisors think there is no time to lose. Make sure you know enough about the diagnosis to be confident that chopping bits out of you is the only course.

But whether or not you have the surgery, or whatever the prognosis, you must start on the program we talk about. It might be that some aspects will have to be modified to take account of your malfunctioning/partly absent colon, but the underlying principles remain the same. You are still young, which is a great factor on your side – your body's powers of recovery can still be awakened – essential if you are to get full remission of the cancer and to keep it at bay for the rest of your life.

Period Headaches

Q. I try to follow Natural Eating but early in my monthly cycle, I get really bad headaches. Any suggestions?

A. As a Natural Eater, we have to suppose that you are doing most things right. If you are not, then now is the time to be really strict. This symptom is particularly caused by one group of hormones known as eicosanoids. They constrict blood vessels and increase sensitivity to pain. There is another group of eicosanoids that do the opposite: relax blood vessels and reduce pain sensitivity. These 'good' eicosanoids are produced by the breakdown of omega-3 oils. So... you might try

taking regular doses of flax oil or of fish oil capsules around the critical time – try to start before the symptoms appear.

Secondly, period migraines can be associated with magnesium deficiency. (See the Book Review on page 1.) As a Natural Eater, we would expect you to be in the 25% of the population which gets enough magnesium in the diet (see last month's newsletter). But just in case it makes a difference Dr Cohen recommends 'magnesium chelate', (look in health food stores).

Normally we would not be recommending supplements, but this might be a case of where, exceptionally, you just need to top up.

Hodgkin's Disease

Q. My friend, who is only 38, had Hodgkin's Lymphoma (a kind of cancer) 9 years ago and it was completely cleared. However, it has now come back. They caught it early but she will have chemotherapy and stem cell transplant again. She is reassured that she will get better and is now juicing all the time. What is your opinion?

A. Your friend shouldn't kid herself – she's almost certainly had a relapse – and it can only be that she dropped her guard: had the surgery, had the chemo, had the stem cells, all clear, carry on as before. Mind you, according to the type and stage of the illness she has a good chance of recovery.

No one really knows why a few people get Hodgkin's and most people do not. It can be provoked by viruses such as HIV-AIDS and Epstein-Barr (a kind of herpes). There is a suspicion that these few who do get Hodgkin's are more genetically susceptible.

Of course, we turn the question round. Why is the body not dealing with the rogue cancer cells in the first place? Certainly if someone has had it once, then that is the red flag. They are **VULNERABLE** and need to do everything – for the rest of their lives - - to avoid undermining their immune system.

As for juicing, ideally the raw vegetation would be eaten as it is. However, it is a good second-best to

juice -- if that is the only way to get these vital raw plant-foods down her.

Early Menopause/Irregular Monthly Periods

Q. *I am 42 years old and my periods have stopped. I work very long hours, eat on the run and I smoke. My doctor says that I am starting menopause early and should take estrogen. What is your opinion?*

A. Re-evaluate your priorities! You have just outlined a lifestyle that is certain to give you all kinds of health problems.

Our ancestral females only stopped menstruating under two conditions: anxiety about future security, and famine.

You do not say if you are underweight, but ballet dancers, gymnasts and endurance athletes¹ (who all have very low body fat) also suffer (if that is the right word) from a cessation of their periods.

This is an evolutionary inbuilt reflex to avoid pregnancy in times of scarcity. The other evolutionary reflex is to do with stress (or uncertainty). You are probably leading a stressful life and this might be enough to stop your periods. The pathology researchers, JR Kaplan and SB Manuck have even found² a similar reaction in chimpanzees and other primates.

As for diet, there is indeed something that has a major impact on menstruation -- gluten. One of the subtle, yet pervasive influences of the introduction of grains into the diet can be 'secondary amenorrhea' -- the abnormal cessation of monthly periods. Gastroenterologist LM Kotze reports³ how there can be remarkable cures when a gluten-free diet is adopted.

Finally, smoking is strongly connected to decline in fertility and early onset of menopause⁴.

The message for you is stark: stop eating grains and all their products, stop smoking and stop leading such a stressful life!

News Shorts

Chinese Vacuuming the Oceans

More than 2,200 Chinese-owned trawlers now ply the world's oceans. Why do we print this statistic? 1½ billion people can eat an awful lot of

fish, and the Chinese have only just started eating seafood in earnest.

We do not know how it will end, but we have the uncomfortable feeling that wild fish will soon be rare and extremely expensive. Eat wild seafood now while the going is good so that you can tell your grandchildren.

UK Anti-Salt Drive

The UK government 'named and shamed' a number of firms that had failed to take action to reduce salt in food. Public Health minister, Melanie Johnson wants to go much further: she proposes cuts of up to 45% in sausages, burgers, bread and breakfast cereals.

The Manufacturers predictably drag their feet. They have only agreed to cut salt in sliced bread by 5% and in breakfast cereals by 9%. The Salt Manufacturers Association is taking the Foods Standards Agency to court for its "unfair" anti-salt campaign.

Our ancestral diet was very low salt and the salt/potassium ratio was low too. We need to get back to this, otherwise we are sabotaging the workings of our bodies. We will only get there by ignoring the squeals of the salt lobby. See also 'Knowing Salt from Sodium', below.

Hints & Tips

Knowing Salt from Sodium

Salt is harder to hide than sugar, but not much. Manufacturers do it by quoting 'sodium' on the label, not salt. Sodium only constitutes 1/3 of salt, so the figure looks comfortably low.

The recommended maximum daily salt consumption is 6 g. (Still far too high by our lights). This is just **ONE LEVEL TEASPOON**. The equivalent in **SODIUM** is just 2.4 g. Look at the ingredient label and see how fast the sodium adds up to 2.4.

As always, we prefer you to use unprocessed generic plant and animal food -- then you know that no salt can have been added.

Know your Sugars

The food manufacturers are getting ever more devious in hiding sugar in their labels. In particular they highlight healthy-sounding names, such as 'honey' and 'apple juice concentrate'. Here is a list of sugar aliases. From a nutritional viewpoint, they are all as bad as each other:

- maltodextrin,
- glucose,
- glucose polymers,
- invert sugar,
- sucrose,
- dextrose,
- raw sugar,
- honey,
- brown sugar,
- barley malt,
- date sugar,
- cane sugar,
- maple sugar,
- caramelized sugar,
- fruit sugars,
- apple juice concentrate,
- blackstrap molasses.

Our view? We strongly recommend only using unprocessed generic foods -- apples don't need ingredient labels, and what you see is what you get. But if you do decide to choose manufactured foods, check out these sneak-sugar descriptions.

Unto Thine Own Self be True

Whited Sepulchre Beautiful Outward, Within Unclean

Have you seen those AIDS advertisements? They show a strapping, bronzed, trim young man -- but in the punch-line they say that he is contaminated with HIV. It is a stark, even brutal way of saying that, just because everything looks all right on the outside, things might be very bad on the inside.

In the same way, we often kid ourselves that we can continue in our bad old ways. The person with colon cancer (page 2) thought that he was "in good health". But plainly he was not. His body was going bad from the inside outwards.

Eating "horribly" (as he termed it) is like playing Russian roulette with five out of six chambers loaded. Not everyone can hope to play and get the empty chamber every time.

Is your body a Whited Sepulchre -- looking good on the outside but containing a rotting carcass?

Vegetable Briefing -- part 3

All the vegetables that we eat today have their origins somewhere outside our African homeland. Does it matter? Here, we summarize the situation and look at the consequences of admitting the new ones to the human diet.

Most of the vegetables we use today have been known since ancient times. They were spread around the old world by merchants, traders and the empire builders. The Romans in particular moved plants around their territories wherever they would flourish.

Later, the Spanish, Portuguese, Dutch and British spread the Inca, Aztec and Maya vegetables to the rest of the world. It is hard to believe, but true: the tomato was unknown to Italian cuisine just 200 years ago; the chili pepper, which gives Asian cooking and curries their fiery properties, was unknown before the Spanish introduced it (from Mexico) to India and Malaya.

During all this time, gardeners were hybridizing and "improving" the species. Often it is uncertain just what the original, wild species was like.

We have seen just how many new vegetable foods have been introduced into the human diet all around the world, relatively recently. Remarkably, only one of them seems to have had a major adverse effect on human health: the potato.

Unfortunately for us, the potato is the most commonly consumed vegetable and its consumption is linked to overt conditions such as obesity, diabetes, cholesterol, heart disease and cancers. As with grains, these symptoms are linked to abnormal surges in blood sugar. There are potential difficulties with some other root vegetables such as parsnip,

beets and cooked carrots in this regard too.

More subtly, potato is linked to allergies, bowel disorders, confusion, and depression. Again, as with grains, these are linked to antinutrient poisons in the potato (known as glycoalkaloids) that our bodies do not know how to cope with.

It is a controversial finding, but the evidence is there: we are over-potatoed. Ideally it should be eliminated from the diet altogether. Just put other, safe, vegetables in its place.

From Page 1

Human Nature

Human Breeds and Parenting

Paraphrasing Dr. Rushton's suggested explanation: Modern humans evolved in Africa about 200,000 years ago. Africans and non-Africans then split about 100,000 years ago.

The further north people went out of Africa, the harder it was to get food, gain shelter, make clothes, and raise children. So the groups that evolved into today's Whites and Orientals needed more advanced planning, family stability, self-control, rule-following and 'parental investment' in their children. Those children born to parents who had fewer children, but looked after them more, survived better to pass on their genes. High levels of aggression, sexual activity and insouciant parenting were distinct disadvantages.

Meanwhile the black peoples of Africa stayed genetically programmed for

what looks like (to Orientals and Whites) a low-responsibility, high fertility, happy-go-lucky way of life.

Rushton goes on to say: "Black underachievement in Western society is not simply due to "White prejudice." It is more deeply rooted. Hitherto, behavioral science theories assumed that all human populations have equal abilities to achieve equal levels of social development. We need to accept the existence of the evolved diversity of human populations."

More on Rushton: <http://www.charlesdarwinresearch.org/>

Next month we report on the work of Harvard's Drs. Murray and Herrnstein on the race/intelligence connection.

Back to Basic Foods

Purslane – the Wonder Salad

For the enthusiastic gardener, purslane is easily grown from seed. There are two chief varieties of edible purslane: Green Purslane, (botanical name, Portulaca oleracea) and Golden Purslane, (Portulaca sativa). One known supplier in the States is:

Thompson & Morgan Seedsmen Inc, Tel: 800-274-7333, tminc@thompson-morgan.com <http://seeds.thompson-morgan.com/us>.

In the UK: Edwin Tucker & Sons Ltd; Tel. No:01364 652233 seeds@edwintucker.com; www.edwintucker.com

¹ Sports Med; 2002; 32 (14): 887-901
² ILAR J. 2004; 45(2):89-115
³ J Clin Gastroenterol. 2004 Aug; 38(7):567-74
⁴ Fertil Contracept Sex; 1989; Feb 17 (2): 133-8

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