

NATURAL EATING NATURAL EATING NATURAL EATINGwww.naturaleater.comwww.savveater.comwww.beatcancernaturally.com**Complimentary****Monthly Private Subscription Newsletter – Annually: Hard Copy \$59.00 - Electronic \$18.00**

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

Human Genetics: East African Endurance Genes. **Human Biology:** Water Intoxication Kills. **Human Heritage:** Nature Reduces ADHD. **Longevity:** Herrings for Life. **Food Safety:** Soy for Infertility. **Quote:** Habit Changes Need Effort. **Recipe:** Conny's Meatloaf "Pizza". **Q&A:** Benecol Cholesterol; Apple Skin Bonanza; Hearing loss and Diet; Hunger hormone Control (5); Pancreatic Cancer (4). **Lifestyle-Disease Links:** Sunless Men get Prostate Cancer; Sunless Teens get Rickets. **Frankenfoods:** Human Genes in Rice Detoxify Weed-killer. **Food Policy:** 2005 Food Pyramid (4). **Breakfast Ideas:** Nicole's Cookbook Dinner Dishes.

Human Genetics**E. African Endurance Genes**

Anyone who follows world class athletics cannot fail to notice how east Africans dominate the long distance running races. Ethiopians and Kenyan runners have run 37 of the 40 fastest time ever recorded over 10,000 meters (6¼ miles).

Now researcher Yannis Pitsiladis of the University of Glasgow has studied the DNA from top athletes and the general population. He finds¹ that these top athletes have four genes on the male chromosome that are different. (See comment)

Comment: Although they live in our ancestral homeland, east Africans are not direct descendants of our ancient ancestors. That distinction belongs to peoples like the San Bushmen. **Continued: Page 4**

Human Biology**Water Intoxication Kills**

In various newsletters² we have said that the fear of dehydrating is largely overdone. The Kade San Bushmen lived for 300 days per year in the hot Kalahari Desert without water at all. They got all the liquid they needed from the plants they ate³. On the other hand TOO MUCH water has killed many people.

Now Dr Christopher Almond has studied⁴ runners in the 2002 Boston Marathon. Listen to this: he found that ONE IN EIGHT of them had serious fluid imbalances from drinking TOO MUCH water along the route; one woman died. In extreme cases, athletes had 11 pints more water inside them at the END of the race than when they started!

Continued: page 4**Our Human Heritage****Nature Calms ADHD**

Spending time in "green" settings reduced ADHD symptoms in a national study⁵ by Dr Frances Kuo on 400 children. ADHD is a brain disorder marked by inattention, impulsivity, and hyperactivity. The standard medical reflex is to medicate with the drug Ritalin.

Kuo tested what happened to ADHD-afflicted kids when they spent their time indoors and in tarmac playgrounds compared to "greener" spots like parks and leafy streets. Their behavior improved dramatically in the natural surroundings.

Gushes Kuo: "These findings are exciting. I think we're on the track of something really important, something that could affect a lot of lives in a substantial way."

Our view? It is incredible that it takes a study to point out the obvious. Our evolutionary past wired our brains to be at ease in a natural landscape, notably a savanna one (see picture above). It is not surprising that young brains malfunction when cooped up indoors or confined to concrete jungles. Even more grotesque is the "fix" -- doping young brains with drugs.

ADHD is almost entirely a lifestyle disease: for example it is also linked to other lifestyle errors such as wheat, dairy⁶ and soy⁷ consumption.

Longevity**Herrings for Life?**

Dutchwoman, Hendrijke van An del Schipper was born in 1890, the year the US army massacred Sioux Indians at Wounded Knee, South Dakota. She is now the oldest person alive -- aged 115 years.

Hendrijke was a former needlework teacher, married a tax inspector at age 46 and lived ever since in Hoogeteven, a town in north Netherlands. She credits her longevity to eating a piece of herring every day.

Our View? There is no magic formula for extreme old age. But certainly she was doing something right: eating omega-3-rich herring every day. In this way she set herself apart from 99% of the Western world: a good intake of omega-3.

The Frenchwoman Jeanne Calment, who died in 1997, holds the all-time record for longevity: 122 years.

Food Safety**Soy for Infertility**

Women trying to conceive should NOT consume soy for the few days around ovulation according to UK researcher Lynn Fraser⁸. The plant poison "genistein" in soybean knocks out sperm before they reach the egg.

Our View? Beans, including soy, are not human foods -- they contain plant toxins that our bodies do not know how to deal with -- AVOID.

Quote of the Month**Habit Changes Need Effort**

"Making lifestyle changes is like trying to write with the wrong hand. It takes effort." -- *Dr Fedon Lindberg, Norwegian weight-loss practitioner*

Recipe of the Month

This recipe comes from Conny Schober (rolandcon@aol.com), long-time Natural Eating practitioner and cookery book writer.

Meatloaf "Pizza"

YYYYYY

Serves 4 to 6

"Dough"

- 1 lb. (500 g.) Turkey or chicken, ground (minced)
- 1 Egg, free range, omega-3
- 2 Tbsp. Tomato sauce (Marinara)
- 2 Tbsp. Tomato paste
- 1 Onion, medium size white, minced
- 2 cloves Garlic, minced
- 2 Tbsp. Oregano, dried
- Salt, pepper to taste
- 1 teasp. chili paste

Topping:

- 1 Zucchini, medium size, sliced into wheels
- 2 Tomatoes, large, ripe, sliced

Method:

Mix ingredients for the dough (best if you use your hands). Lightly oil a spring mold and form a crust by pressing the mixture into the mold.

Top with the vegetables and bake for about 30 to 35 minutes at 400°F (200 °C)

Comment:

This dish is a good way to get vegetables into kids.

Conny included an optional 3 Tbsp. of grated cheese in her topping. As purists, we have omitted it.

Questions

Benecol Cholesterol

Q. I have high cholesterol and I am considering using the special "anti-cholesterol" margarine called Benecol. What do you suggest?

A. For the last 50 years, cholesterol has been portrayed as the arch villain to our arteries and heart. On the contrary, lowering cholesterol as such has never been shown to save lives. Even so, compared to San Bushmen and other hunter gatherers, we do have high cholesterol levels. We reaffirm: people have high cholesterol levels because their bodies are

making it -- not because they are eating it. Their bodies make it when, irritated by sugars and bad carbohydrates, they drive insulin sky-high.

In spite of this inconvenient fact, the pharmaceutical company Johnson & Johnson has come up with a synthetic fat, Benecol, which it puts in margarine. It blocks absorption of the cholesterol present in your food. But what are you going to eat Benecol with? Not on bread we hope! Because bread is one of the foods that causes the body to make abnormal levels of cholesterol. According to the US government's National Guideline Clearing House, no one has ever shown Benecol to lower the risk of heart disease⁹.

Our view?

Stop looking for the alibis -- there are none. Just eat and live your life as nature intended and the cholesterol will work out just fine.

Apple Skin Bonanza

Q. I have always peeled my apples, particularly since I am worried about pesticides. Is this a good thing?

A. No. The skins of apples are the most nutritious part. In Red Delicious for example, the skins contain six times the concentration of antioxidants compared to their flesh¹⁰. Similar results are found for all other varieties tested: Northern Spy, Ida Red and McIntosh for example.

As for pesticides, the body is actually very good at detoxifying them (see "Frankenfoods", p. 3). Moreover, eating nutrient-rich apple skins helps the body neutralize agricultural chemicals.

Hearing Loss and Diet

Q. My husband and I both have parents who suffer badly from deafness in old age. Is there anything we can be doing to avoid that happening to us?

A. Sure. Deafness in old age is optional. Hearing loss does not happen in people who live the way nature intended.

For example, in a remarkable, 1966 study on San Bushmen, the South African ear, nose and throat specialists, John Jarvis and H G van Heerden, made hearing tests on ten aged Bushmen. They found¹¹ that they had perfect hearing; there was little or no earwax and the drum could be easily seen.

Why might this be? Many studies have shown a connection between diet, health and hearing loss. Diets deficient in micronutrients are the main cause. Studies^{12, 13, 14, 15} show that good intakes of foods containing vitamins A, C, E, B12, lutein, folate and many other "background" antioxidants are all linked to good hearing. So too is being skinny¹⁶. Factors that undermine hearing in the long term are intensely noisy environments, saturated fat¹⁷ and smoking¹⁸.

A study¹⁹ on 50-year-old Japanese showed that when they switched from their traditional diet to an American diet, their chances of acquiring sudden deafness increased by 80%. An earlier study²⁰ showed that Japanese who had the highest intake of raw vegetables (a traditional Japanese custom) had half the risk of sudden deafness compared to those who had the lowest intake.

Apart from micronutrient deficiency, illnesses like heart disease and diabetes diminish hearing. Also, many prescription drugs have the side effect of causing hearing loss. Examples are the antibiotic "Gentamicin" and the anti-cancer drug "Cisplatin". Ask your doctor if any of the medicines he prescribes are "ototoxic" (which means damaging to hearing).

All this adds up to staying healthy! Live like we say: especially eat up your salads, fruits and vegetables. That way you will not only avoid hearing loss but you will also avoid the unpleasant degenerative diseases and the prescription drugs.

Hunger Hormone Control - 5

In previous issues we saw how signals between the brain and digestive organs control hunger. Last month we summarized non-food factors affecting the hunger signals.

Hormones and the Female

Finally, do women suffering disproportionately from hunger cravings? We do not know how this would be measured or indeed if it is true. However women's bodies are more hormonally turbulent, so it is quite possible that the eat/don't eat signals are scrambled more readily.

In particular, levels of estradiol (a kind of estrogen) drop dramatically at menopause so it is possible that there is an effect there. However, as we pointed out²¹, we are dealing with a

"chaotic system". Cause and effect do not have a direct link.

In this briefing we have looked at the multitude of factors concerning hunger cravings. They are almost entirely due to the way our lives are out of harmony with our savanna-bred natures. The closer you can get to the Natural Eating lifestyle model the better -- and let the body sort out hunger signals for itself.

Pancreatic Cancer - Part 4

We serialize the crash course to fight the advance of pancreatic cancer. Now we finish the lifestyle comments...

F.Salt: Never keep salt in the house. Never add salt to any of your food.

G. Processed Food. NEVER consume any processed food. All your food must be generic. If it has an ingredient label then it is suspect -- don't buy it.

H. Beverages: Mineral water is the drink of choice. Tap water, tea, herbal tea, American coffee, instant coffee are OK too. AVOID beer, carbonated drinks, fruit juices and milk. Wine? Dare we say that, if it lifts morale, a glass of dry red wine a day is probably tolerable.

I. Smoking: If you are a smoker STOP RIGHT NOW.

J.Exercise: Do get reasonable 'moderate' exercise for at least 45 minutes EVERY DAY. That means fast walking, gentle jogging, cycling, swimming, golfing and similar activities.

Treatment: Clearly we cannot comment on the medical treatment that is being proposed. However, we would observe that in such situations it is often necessary for both doctors and patients to be seen to be doing something, however forlorn, rather than doing nothing.

Next week: *The conventional treatment -- and what we would do in your position.*

Lifestyle-Disease Connections

Every so often we make the point that reasonable sunshine is an essential element in human health.

Sunless Men get Prostate Big C

Researchers led by Esther John have found a strong link between deficiency of sunshine and prostate cancer²². She studied over 900 white males and measured their forehead skin color

compared to that of the inside forearm (which rarely sees sunshine). The forehead color is an indication of the lifetime's sun exposure. They found that those who had the most sunshine were 49% less likely to develop prostate cancer compared to those with least sun exposure.

Dr. John credits the manufacture of vitamin D in the skin by sunlight for this effect. This is a good result -- but she spoils it by commenting that men should therefore consider taking vitamin D supplements! We say that everybody should be getting sensible amounts of sunshine -- just don't allow your skin to burn.

Sunless Teens get Rickets

Adolescents who spend most of their time inside, in the shade or in cars, have so little exposure to sunshine that they risk becoming deficient in vitamin D, which is essential for bone health. But fears of "stranger danger" mean that modern children spend many more hours indoors than their parents did when they were young.

Professor Brian Diffey, writing in the British Medical Journal²³, said that one in 10 teenagers did not receive enough sunshine. Diffey said regular doses of sunlight on the face, hands and arms provide the body's requirement for vitamin D. This compares very modestly with our admittedly copper-skinned ancient ancestors who, of course, walked around in the tropical sun all day exposing every part of their bodies.

Prof Diffey gave as an example that teenage boys should, on average, spend more than 1½ hours outside a day. He added: "They should take the opportunity to walk on the sunny side of the street."

There! Unlike Esther John (previous article) Professor Diffey has not only the right analysis but also the right answer.

Frankenfoods

Human Genes in Rice Detoxify Weed-killer

How do you spray rice with plant killer ("herbicide") without killing the rice plant as well? Answer: give the rice some human genes! That is the latest wheeze to come out of the biotech industry.

Japanese researchers have found²⁴

that humans make a special enzyme known as CYP2B6. This enzyme has the power of disabling more than a dozen herbicides, pesticides and industrial chemicals. That is why we should not get alarmist about traces of pesticide in our foods. The human body is pretty good at dealing with many agri-chemicals. Throughout our evolutionary history, our bodies have learned to neutralize naturally occurring plant poisons.

The Japanese have spliced the human gene that makes this wondrous enzyme into rice plants. These "transgenic" rice plants now detoxify a wide range of weed killers and other chemicals. The idea is that rice farmers can now spray their paddies with chemical and just leave the rice standing.

Our View?

Genetic modification is rushing us further away from our naturally adapted food supply. In this example, the technology is all about making farming more profitable: no one, not least the researchers, wondered if the rice retains its nutritional qualities.

Worse, in due course, the weeds will develop resistance to these weed-killers. Our own bodies will in due course be confronted with plant toxins that they no longer know how to deal with.

Food Policy

2005 Food Pyramid - part 4

Last month we began a bench test of the USDA's online meal analysis system using a typical Natural Eater diet. We saw how the USDA's benchmarks, and advice, were hopelessly wrong. The bench test continues....

In the bench test we included 1½ lb of fruit per day. Now do not be surprised to see your consumption of carbohydrates as being double the USDA recommendation. The answer lies in the inability of the USDA database to distinguish between "bad" carbohydrates and acceptable ones. That high carbohydrate count is almost entirely the naturally-occurring sugars in what is, for the USDA, a remarkably large fruit consumption.

Eating by Numbers: These observations point up some deep flaws in the USDA's system. It is as unrealistic as a painting by numbers.

Targets: The USDA's targets are

often highly questionable. Vegetable, fiber and fruit consumption are far too low. The target for omega-3 should be much higher -- so as to attain a minimum ratio of 1 to 4 with omega-6. Carbohydrate targets are low, presumably as a back-door way of favoring lower sugar consumption.

The target for calcium is set artificially high to appease the dairy lobby. It is certainly not the key to slowing the rise of osteoporosis. (For the true priorities, see the Natural Eating book pages 145 - 150.)

Micronutrients: there is no mention of the tens of thousands of other compounds -- flavonoids, carotenes etc. which are essential to a properly functioning body. In this way, broccoli -phobes can get away with eating French fries and still feel virtuous.

Food composition limitations: the food composition analysis plugs straight into the USDA's database of foods. It can give a false sense of precision. A tomato has a vast range of nutrients that are not measured, such as the flavonoids. The few nutrients that the system measures (such as vitamin C) can vary, quite naturally, by a huge percentage depending on variety, growing methods and season. The USDA just takes an average. In particular the USDA does not make a distinction for organic foods: we know these to be very much richer in all micronutrients.

Food Availability limitations: One can only analyze foods which are in the USDA's database. For example, pure cocoa powder does not exist: the USDA assumes that cocoa is always mixed with sugars and milk powder. The database does not recognize medlar fruit or fresh purslane either.

Comment: We have heavily criticized

the USDA food guidelines for being highly tainted by commercial interests and extremely misleading. However, it is not just us: next month we will reveal the acid comments of the USDA's head nutritionist, Dr. Luise Light. She resigned in protest at the cynical watering down of her panel's recommendations.

Breakfast Ideas

Nicole's Cookbook Dishes

We need to go for low Insulin Index²⁵ foods, however unusual they might seem. Do not be afraid to think outside the box: if a food is all right to eat, then you can eat it at any time of the day.

We often stereotype our dishes by the mealtime. We have to break out of this mold. Try "dinner-time" dishes for breakfast. Take inspiration from Nicole's cookbook: for example Bohemian Red Cabbage with Fish Loaf. Even try the recipe on page 2!

Recap of Previous Breakfast Ideas:

- Freshly blended vegetable soup (Jan 2005)
- Vegetable and shrimp stir fry (Feb 2005)
- Eggs any style (March 2005)
- Traditional haddock breakfast (April 2005)
- Seafood salad (May 2005)
- Continental Breakfast à la N. E. (June 2005)

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Human Genetics

E African Endurance Genes

Rather, east Africans of today are a mixture of Arab peoples who migrated south from Arabia, and Bantu peoples who migrated east from Nigeria. East Africans tend to have the slender form of the long distance runner but, in addition, a minority possesses genetic mutations that favor endurance.

The line-ups for the 100 meter dash are dominated by stocky sprinters of West African origins. Now that would be another interesting study.

Human Biology

Water Intoxication Kills

The San's exploits are an extreme example and we do not recommend trying it. But the bottom line is that the average person need only drink when thirsty -- and potable water out of the tap is just fine.

Advance Notice

Geoff Bond is keynote speaker at:

3rd Annual Community Health Seminar

Hosted by Dr. Rita Stec

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Wednesday, November 16, 2005

8 am to 1 pm

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