

Natural eating is eating in harmony with our genetic programming

November 1998

Volume 1.11

The Natural Eating™ Private Newsletter

Glenn's junk food; B.P. downs; Bacteria loaded meat; Lucky's Darwin label; "baked beans"; First Thanksgiving menu; Exercise IV; DHEA; Salt substitutes; Supplement madness; short sight; Events

News this Month

Space Junk:

Glenn's Space-age Diet

CAPE CANAVERAL, Fla. (AP) -- America's oldest astronaut ate like a kid during his nine-day shuttle flight. The menu selected by John Glenn included a lot of chocolate and peanut butter and jelly.

The 77-year-old's diet is high in fat, sugar and calories and low in fiber. Nutritionists say it doesn't meet the minimum daily recommendations of five servings of fruits and vegetables.

Astronauts choose their own shuttle meals from a variety of freeze-dried, canned and crumb-free foods.

He had peanut butter and jelly for lunch every day aboard Discovery, along with cheese dishes and shrimp cocktail.

His breakfast selections included scrambled eggs or cereal. Dinner featured beef and potatoes, rice or noodles.

Pedro Duque, the first Spaniard in space, packed cheeses and olive oil from his homeland. Japanese astronaut Chiaki Mukai took curry and soy sauce "to make American food taste better."

Our View?

Can you believe that? In this billion dollar, high tech program, nutrition is left to the chance whim of the astronaut?

And what a whim! Even conventional nutritionists wince at Glenn's diet. Of course, the Natural Eaters copious bowel movements might be an embarrassment in that toilet-free cock-pit!

Success Stories

Arterial Relief:

Down with Blood pressure

E.T. of Portland, OR writes:

I thought I would take a moment and let you know of another benefit I have received.

The week before I started Natural Eating, my blood pressure was 194/92. Today it was 127/62. Is that great or what?

The editor replies:

Good news! There is plenty of scientific evidence to show that high blood pressure is almost entirely diet related. And having got high blood pressure, dietary changes can reduce it. The 'Natural Eating' pattern is the ideal regime (what else?) for obtaining and then keeping a low blood pressure.

However it is always gratifying to get confirmation with such dramatic results...

Food Safety

A half million pounds of ground beef distributed to 33 states in the US were recalled by IBP slaughter house of Dakota City, Nebraska because of contamination with deadly strain of E. coli O157:H7

Dixie Meat Packers of Florida expanded its recall of hot dogs to include 192,553 pounds of lunch meat items that are contaminated with Listeria bacteria.

Our View?

The risk of nasty contamination is real - particularly from meat products. But Fruit and Vegetables are not spared. Practice good hygiene.

Darwin Food Label Only the fittest survive...

The month's food label is chosen to demonstrate how vigilant the shopper has to be to eat wisely. Study the ingredient list and find the pit-falls. Analysis on Page 4.

Lucky

Pickle Slices

INGREDIENTS: FRESH CUCUMBERS, CORN SYRUP, WATER, VINEGAR, SALT, MUSTARD SEED, CELERY SEED, CALCIUM CHLORIDE, NATURAL FLAVORS, POLYSORBATE 80, YELLOW 5.

Nutrition Facts:

Serve size 1 oz (28 g)
Total Fat 0g
Sodium 170mg
Total Carb 7g
Sugars 7g
Protein 0g

Recipe Corner

Yiahni

(white beans and tomato)

This is a dish, commonly made in the Middle East that closely resemble our own canned 'baked beans'. Here however you have control over the ingredients!

1 lb. white kidney or haricot beans.
1 medium onion finely chopped.
4 tbs. tomato paste.
3 tbs. canola oil.
2 tsp. Marmite or 2 vegetable stock cubes.
1 tbs. lemon juice.
Pepper.

- Wash beans in cold water. Put in a 1 gallon saucepan, cover in water and boil vigorously for ten minutes. (this is to de-toxify the beans).
- Dissolve the Marmite or vegetable cubes in a little hot water and add to the saucepan.
- Simmer for half the cooking time. (About 45 mins).
- Add the onion and tomato paste, and simmer until cooked. (About 30 mins.)
- Add the canola oil and lemon juice. Stir.
- Can be served hot or cold.

Thanksgiving

The Thanksgiving menu seen through the Natural Eating Lens

The History

"The Pilgrims had come ashore from the Mayflower on Dec. 21, 1620. The winter had been heartbreaking. Only about half the original group had survived. Fortunately the harvest was good. There were 20 acres (8 hectares) of the strange Indian corn, for which the Indians had furnished seeds. There were also barley and plenty of meat. Governor William Bradford sent four men to hunt for fowl. They returned with enough waterfowl and wild turkeys to last a week. Fishermen brought in cod and bass. Indian hunters contributed five deer. Ninety Indians, with their chief, Massasoit, feasted with the colonists for three days." (*Compton's Encyclopedia*)

What the colonists ate - put under the microscope:

Indian corn:

Note that this is not the Sweet Corn of today (which is a recent hybrid). The Indian corn was the hard nutty variety. It has a bad glycemic index - but slightly better than sweetcorn. It was eaten both popped and ground into hominy. It is a high starch, low micronutrient, foodstuff. Only to be used when the alternative is starvation!

Barley:

Barley kernels are rare in being a low glycemic index cereal. They have a reasonable micronutrient content. It is usually eaten boiled up like rice or made into a gruel. It is not possible to make leavened bread from barley.

Barley is an innocuous 'novelty' in the human diet and can be safely incorporated on the occasional basis.

Waterfowl:

Wild duck and goose have a good essential fatty acid profile. But they are high in fat - albeit the 'better' fats. It is a natural food on an occasional basis for human beings.

Wild Turkey:

Wild turkey is a low fat meat (around 4%) and, being wild, it has a good essential fatty acid profile. Turkey is a natural food in reasonable quantities for human beings.

[Note: *farmed* duck, turkey and goose have been fed on grains, and so have a poor fatty acid profile. Not good.]

Wild deer:

Venison is a low fat food. In the wild, where deer browse on a wide variety of leaves, lichens, bark and twigs, their flesh has a good fatty acid profile. Wild venison is O.K. in modest quantities for human beings.

[*Farmed* venison, where the deer eat mostly grass and corn-based feed, has a poor fatty-acid profile. Not good]

Cod and Bass:

These white sea-fish are low fat. They are fine for human consumption. [However, unlike the 'fatty' fish, like salmon and tuna, they do not contain the heart-helpful fat, eicosapentanoic acid.]

What is the Verdict?

The Pilgrims feasted for three days on these foodstuffs. After that, presumably, it was back to a more austere diet.

Nevertheless, already poor eating patterns are being established: an over reliance on high glycemic, 'empty' starches, and animal matter.

There is no mention of vegetation: neither fruit nor vegetables nor salad. It is sure that, in the winters of New England, these were in short supply - but they were not even given priority.

It is not surprising that this colony, like many others of the period, was decimated by deficiency diseases like scurvy and, (due to a depressed immune system) infectious diseases like pneumonia.

On the plus side, no mention of dairy products either!

What about your Family Thanksgiving dinner?

The first message is: don't be a party pooper! This is a big feast day of the year. You've been careful for many weeks. This is the occasion when you can relax a bit.

The traditional thanksgiving menu now also includes: stuffing, cranberry sauce, sweet potatoes, pumpkin pie and whipped cream. Second message: *Go easy on these!* And load up on any vegetation that is on offer.

Feature Article

Exercise - Part IV

This Feature Article is a serialization of the chapter on "Exercise" in the forthcoming book on Natural Eating.

Last month we looked at the consequences of a lack of exercise. This month we look at the exercise patterns for which the human race is genetically programmed.

Optimum Exercise Pattern

So just like for eating, it is possible to identify the most favorable pattern of exercise for human beings.

Having read the earlier parts, you will not be surprised to hear what the ideal level of physical activity is:

- Women, children and old men - walk five miles a day every day,
- Able bodied men - walk and run 9 to 12 miles per day every day.

All the studies confirm that these exercise patterns are the optimum for

good health. Indeed anyone doing that today is considered to have a high level of fitness! For our ancestors, it was just the norm for everyone...

But what are we to do in the modern world? For most of us it is just not practicable to spend four hours a day exercising. Is it really necessary to exercise so much? Are other forms of exercise more helpful?

The hard answer is that you get out what you put in. The good news is that the response is not linear. At the start you get a lot of benefit from a relatively small increase in exercise. As you increase the level, the benefits improve too, but not in proportion. It is the law of diminishing returns.

It is even possible to exercise too much. World class endurance athletes are more prone to infectious diseases. In addition they distort their dietary habits for maximum performance - to the detriment of their health.

So what is a reasonable compromise between what is desirable and what is possible?

The Bottom Line

Putting together the paleo-anthropological argument with the studies and recommendations made by various Authorities:

The recommended *minimum* physical activity:

- 3 to 5 days per week of aerobic exercise at moderate to moderately high intensities,
- 20 to 60 minutes each session,

Moderate intensity aerobic exercise is one that raises your heart rate to 40% of its maximum. Women, children and older men should aim to do this.

- Examples of moderate physical activity include: walking, cycling, playing basketball or volleyball, swimming, water aerobics, dancing fast, pushing a stroller, raking leaves, shovelling snow, washing or waxing a car, washing

windows or floors, gardening, golf, tennis.

Moderate to high intensity aerobic exercise is one that raises your heart rate to 85% of its maximum. Able bodied males should aim to do this.

- Examples of moderate to high intensity physical activity include: Jogging/running, squash, hard swimming, vigorous cycling, manual labouring, weight training.

Don't forget that these are minimums! Nothing to stop a women playing squash if she wants, or indeed a centenarian jogging 10 miles if he is fit enough...

In today's modern America, the problem is the opposite. Many children and young adults get out of breath just changing the channels on the remote control!

However a word of warning. Anyone who:

- has a history of smoking,
 - is or has been severely overweight,
 - is middle-aged or more,
 - is under constant stress,
 - has a family history of heart disease,
- should get checked out for potential problems. Advanced heart disease can have no symptoms. Even regular exercisers who fit into the above categories can be struck down without warning.

Jim Fixx, who wrote 'The Complete Book Of Running' and thereby set off the jogging craze, was such a case. He had been a heavy smoker, had been 50 lb overweight, did have a poor family history, but did start running 60 to 70 miles a week. Everything was all right for 15 years. Then at the age of 52 he suffered a massive heart attack while running and died. His coronary arteries were hopelessly blocked. They were almost certainly far gone when he started his fitness regimen - but he didn't know - he had never had a check-up. And just being physically fit (contrary to what he thought) was not enough to stop his arteries getting worse. Rather, physical fitness is just one of the elements necessary to health and well-being.

What about other forms of exercise? Callisthenics, muscle building, stretching and so on? Yes they are all helpful. Indeed the recommendation is that everyone should be using stretching exercises at least three times a week. Elderly people are particularly recommended to do muscle-building exercises and joint suppleness training every day. This will ensure that they arrest the loss of muscle mass and keep their joints flexible.

Next month: Savvy exercising for the modern world.

Hints and Tips

Know your potatoes

When it comes to glycemic index, not all varieties of potato are created equal.

If you want to eat the occasional potato, then play safe by choosing the following varieties:

- Fingerlings: Ruby Crescent, Russian, etc,
 - Round Red: La Soda, La Touge, Red Norland, Red Pontiac.
- These are better still if 'new' and still have their 'waxy' consistency.

Especially Avoid:

Russet varieties: including Arcadia, Burbank, and Idaho.

From the Labs

DHEA Dangers Postmenopausal DHEA has bad effect on HDL levels

DHEA (Dehydroandrosterone) has been said to induce a sense of well-being in men and women. It appears to help estrogen function in postmenopausal women.

In a recent study, 25 mg/day of DHEA was given for 6 months to 13 healthy, nonsmoking, post-menopausal women. It resulted in a 13% decline in 'good' HDL levels.

Researcher Dr. Peter Casson of Baylor College of Medicine, notes that DHEA "...has been touted as an

ideal hormone replacement" for post-menopausal women. Their study, "...provides a cautionary note."

Dr. Casson's said that the doses used in this study are "...far below those available in health food stores."

Despite this, DHEA caused deleterious male-type effects on 'good' cholesterol levels.

Source: *Fertility Sterility*; 1998;70:107-110

Our View? Sorcerer's apprentice syndrome!

DHEA, is a powerful steroidal male hormone. Indeed it is a precursor of testosterone. By a quirk of the FDA regulations, it can be sold in health food stores as a 'dietary supplement'.

It is produced naturally by the body, but, as one ages, so the body levels drop off. DHEA is often swallowed in large uncontrolled doses by persons imagining that they will thereby recover lost youth.

It used to be thought that DHEA had no harmful consequences. However, more recently it has been shown that, in men, ironically, it produces feminization due to an inhibiting effect on their own, natural, production of testosterone.

Now it seems that women are not spared either. Their 'good' cholesterol levels are lowered and so their risk of artery disease is increased.

In seeking artificial youth they artificially sludge up their arteries...

Once again it is a case of meddling in processes that are only half understood!

Much better to structure eating habits to preserve youthfulness in the way that the body was designed to work...

Reader's Questions

Q Are salt substitutes any better than salt itself?

A Most salt substitutes are based on potassium chloride. (Salt is sodium chloride.) Potassium and sodium are very similar metals and their salts have similar properties, - and that includes taste.

However, in the body their action is rather different. Potassium, which is plentiful in fruits, is an important 'antidote' to salt.

So the short answer is that a salt substitute has the *potential* to be an improvement on table salt. However, there is a catch. If potassium is consumed in the same vast quantities that people absorb table salt, then there are big draw-backs. Potassium chloride in mega-doses damages kidneys and other organs.

The message is: *reduce salt of all kinds*. With that proviso, the use of modest amounts of salt substitute is OK.

Q I see advertisements encouraging us to take more and more dietary supplements. Is there a risk that some of them clash with each other?

A Certainly. The Natural Eating view is that there are only three or four supplements that *might* be taken in mini-doses as an insurance policy.

The aggressive marketing of supplements of all kinds is to be deplored. The advertisers' main technique is to make people so anxious and confused that they are frightened into buying megadoses of a huge variety of supplements.

Do some of them clash? Certainly! A well known example is calcium and zinc which neutralize each other when take together. Another is Vitamin C that blocks absorption of Vitamin B12. There is a myriad of other combinations that are mutually antagonistic.

Message: 'Eat Naturally' - and zap the channel when you get those worrying TV ads!

Q What about the need for reading glasses as one hits the forties. (Presbyopia). Can Natural Eating™ help?

A There are no actual clinical studies that I know of that even try to link presbyopia with diet. Presbyopia does have a strong link with *aging* -

and 'Eating Naturally' is the optimum dietary lifestyle to *retard aging*.

However, we do know that here is a very strong link between poor diet and *cataracts*. This affects the older age-groups - so it's not too early to start! And the message is the same - 'Eat Naturally' for optimum corneal clarity!

Darwin Label Revealed

The real baddy here is the corn syrup. This is just another name for 'bad sugar'. You have to go to the Nutrition Facts to work out the extent of the damage.

See the weight of sugar? 7grams. Is this good or bad? You don't know until you look at the portion size - 28grams. i.e. of the 28 grams of cucumber, 7grams are sugar.

25% of the pickled cucumber is added sugar!

Spreading the Word

Geoff Bond will be giving an Illustrated talk at Eisenhower Hospital, Rancho Mirage on Tues, January 19th, 1999 at 6.00pm.

Further details from Susan Heggi, Center for Healthy Living, (760) 568 1234 or from Geoff Bond(below).

Christmas Idea

Why not consider offering a subscription to this newsletter - or a do-it-yourself Natural Eating™ manual - for Christmas? Details below.

Newsletter: \$96(£66)/year.
Natural Eating Manual: \$40(£28)+shipping

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