

NATURAL EATING NATURAL EATING NATURAL EATING



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Tribute: Sharee Brown. **Anthropology:** Human Cat food. **Platitudes:** 'Moderation'. **New Publication:** Planner. **Recipe:** Jicama salad. **Q&A:** Rye Bread; Penta Water. **Canola Calumny:** Mustard Gas. **Fad Diets:** Atkins. **Food/Disease Links:** Protein/Dehydration; Sugar/Dehydration. **News:** Purple Carrots; Soy/Immune system; Kidney Cancer; Anti-Cancer, Anti-Diabetes Grape. **Food/Disease Link:** Salt/Osteoporosis; Crucifer helps Cancer. **Babies:** Omega-3 Egg. **Briefing:** Cancer

What People Say

Sharee Brown

I loved the book. I had been going through a lot of respiratory infections over the past several years and ran a fever for about 8 weeks. Nothing seemed to work, including every antibiotic. I cut out the wheat and dairy and most of the sugar and it really helped.

I was faithful to the food combining for the first few weeks and lost about 15 pounds!
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Who We Are

Human Cat Food

We are so used to the idea that humans are the 'killer ape' that we don't realize that back on the African Savannahs, our ancestors were just as often eaten by other creatures¹.

2½ million years ago, the chief predators were leopards, giant spotted hyenas and 'megantereon', a sabre-tooth cat.

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Platitudes

"Everything's All Right in Moderation"



"I think you'll find that, taken in moderation, it's of no use at all"

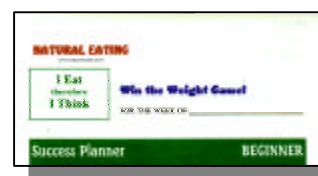
This cartoon is a humorous way of making a serious point. How often have you heard people intoning "everything's all right in moderation"?

Is deadly nightshade all right in moderation? Of course not! There are some things that we put in our mouths that just have no business to be there -- EVER. Like saturated fats or sugars or grains.

Continued Page 5

NEW! **Publication**

**EATING PLANNER
CALL FOR TESTERS!**



This new and easy-to-follow **WEIGHTLOSS PLANNER** is check-book size and fits easily into a handbag or pocket.

For each day, just check off the boxes for each serving that you eat. Don't eat anything without a box. Don't eat more than the boxes let you.

The Planner is at prototype stage and we are looking for volunteers to try it out.

This is your opportunity to have a say in the design of a valuable Natural Eating aid.

Please contact us if you are interested.

¹ Lee-Thorpe; J Evolution; May 2002

Recipe

Jicama Salad

Ingredients:

- 1 lb. (16 oz, 455 g) Jicama, peeled and sliced thinly.
- 4 oz (115 g) red onion, sliced thinly.
- 1 bunch (approx 8 oz, 225 g) radishes, sliced thinly.

Vinaigrette:

- 2 Tbsp. (30 ml) Canola oil.
- 2 Tbsp. (30 ml) lime juice
- ½ tsp. ground pepper.
- 1 pinch cayenne pepper
- salt to taste.

Garnish

- 1 Tbsp. cilantro, chopped.

Method:

Prepare the salad vegetables and put into a large bowl.

Prepare the vinaigrette, pour over the salad vegetables and toss well.

Sprinkle the cilantro over the salad and serve.

Comment:

A healthy and tasty salad that can be a meal in itself. Eat plenty of this kind of dish to maintain optimum immune system. See the items on 'Cancer' and 'Kidney Cancer'

Questions

Rye Bread Dilemma

Q. *I've been checking out rye breads and have been amazed at how the composition differs:*

Rubschlager Pumpnickel: *rye meal, wheat flour, water, salt, yeast, calcium propionate.*

Rubschlager Rye bread: *whole rye meal, water, black strap molasses, salt, yeast, caramel color, calcium propionate.*

Hazelsauer Whole Rye imported German Bread. *Ingredients: whole kernel rye, whole meal rye, water, and salt, yeast.*

Am I correct in concluding the Rubschlager products are not meeting your criteria?

A. It just goes to show how one has to be vigilant. Rubschlager, made in Chicago, used to have a good formula – but they have compromised on their principles. They've adulterated their pumpnickel with wheat flour and their rye with molasses. In both there is the FUNGICIDE, **calcium propionate**. Remember this term when you read the ingredients lists!

The German Hazelsauer honorably keeps to the purity of the German tradition. Of all the choices, this has to be the best: whole kernel, whole rye.

Note that all these breads are still made with GRAINS and should only be consumed on an occasional basis.

Penta Water

Q. *There is a new bottled water on the market called 'Penta'. It claims to be ultra pure and give 'enhanced performance'. Is it worth the \$1.99 for a 16 oz bottle?*

A. In a word "No". But then people will pay all kinds of silly money for bottled drinks. A bottle of Evian costs even more - \$2.64 for 16 oz. On the other hand a gallon of distilled water at Wal-Mart is only 8 cents per 16 oz. Or of course you can get drinking water out of the faucet for free...

What about Penta's 'enhanced performance' claim? An accompanying book 'Water' (\$7.95) by the developers of Penta, William Holloway and Dr. Joiner-Bay, muddies the waters.

They go into an erudite explanation about osmosis and transfer of water across cell membranes. According to them, only water that has its molecules 'micro-clustered' can pass through the cell membrane.

In the book the authors are careful not to claim that their 'Penta' water is micro-clustered. It is not claimed on the bottle either. But they leave you thinking that it might be.

Of course it is not. Micro-clustered water is too fragile. The unstable structure would never survive passing through your mouth, the contents of the stomach, absorption through the intestinal wall and transport through the blood stream.

As ever, it is your body's own biochemistry that has to arrange for water molecules to pass through cell walls. Just give it the tools to do the job – a Natural Eating régime.

Penta Verdict? Don't waste your money.

Twisted by Knaves

Canola Calumny – 1

There are e-mails going the rounds, hysterically denouncing Canola oil. They are nothing but dishonest, anxiety-making tittle-tattle. Over the next few months we will deal with some of the misleading claims.

Mustard Gas Slur

"Canola is a member of the mustard family of plants, and is the source for the chemical agent, mustard gas".

A. If a plant is to be condemned because it is a member of the mustard family, then we would also have to give up eating turnip, cabbage, watercress, horseradish, radish ... and mustard!

As for being the source of mustard gas – what ignorant rubbish! Mustard gas is made in a chemical factory from chlorine, sulfur and ethylene. Dow chemical made it during WWI.

Mustard gas got its name from its smell -- similar to that of mustard, or garlic.

Canola oil is a great, healthy oil. Ignore the malicious detractors.

Next month's illiterate criticism: "Canola is a Trans Fatty Acid, which has shown to have a direct link to cancer".

Fad Diets

The Atkins Diet

Atkins subscribes to the high protein fallacy. It leads to the well-known distortions of human biochemistry such as osteoporosis, kidney disease and a host of degenerative diseases.

In fact Atkins rather cynically plays to the weaknesses of the average human – the short attention span, the need for quick results and the need to make it attractive and simple.

People love the rapid weight loss and the fun of eating all the fat and meat that they like. It is a formula that is successful and

makes money for Atkins – but from a long-term health point of view it is a biochemical and digestive disaster.

Its weight loss works by putting the body into a state of ketosis, causing rapid water and muscle loss.

"Following the Atkins Diet would result in major bone loss." – Dr. David Wilkins

Next month: The Blood Group Diet

Food/Disease Links

Protein/Dehydration

Protein breakdown requires water, and the protein in a couple of fast-food hamburgers can leave people dehydrated, a study² found.

As the amount of protein rose, the kidneys had to work harder as the body tried to get rid of the excess protein.

There was a higher proportion of protein breakdown chemicals such as nitrogen in the urine on the high-protein diet.

We didn't have to make our volunteers sweat," said nutrition researcher Catherine Jackson who conducted a dehydration study. "The hamburger meat was enough."

Comment: It is easy not to feel thirsty, even when dehydrated. It leaves you feeling tired and can give rise to cramps and other vague symptoms of 'one degree under'. See 'Dehydration Symptoms' later.

Sugar/Dehydration

Sugary, caffeine-packed soft drinks cause dehydration trouble, said Dr. Gary I. Wadler of New

York University School of Medicine. A cola's sugar and the gas bubbles can make a person feel full without providing enough liquid.

Tennis star Jimmy Connors used to be one of Wadler's patients. "He used to get these horrific total body cramps. It was a mystery," Wadler said. "I found out he was drinking cola drinks in great quantity, and he was getting bloated. Because he was bloated, he was not drinking adequate fluids."

Our View? Colas are bad chemicals to be putting in the body best of times. Now it seems that, by their trickery of our thirst reflex, they don't even hydrate the body properly.

Carbonated drinks don't even hydrate the body properly.

Dehydration Symptoms

How do you know if you are dehydrated? (Often thirst is absent.) Here is a rundown of symptoms:

- Tiredness, weakness
- headaches
- Rough dry skin
- Dry mucus membranes
- Nosebleeds
- Dark urine
- Irritability, Irrational behavior
- Nausea
- Intestinal cramps, constipation
- Weak pulse, blood pressure
- Shallow, rapid breathing

In The News

Purple Carrots

A crop of purple carrots is due to hit the shelves of UK grocery giant Sainsbury in July. They are actually closer to the original carrots first grown in the Middle and Far East.

² Martin; Experimental Biology Symposium; New Orleans; 2002

Carrots have only been orange since the 1720s, when the Dutch decided to cultivate a crop in their national color. Can you believe that? Foods were being hybridized for frivolous reasons a long time ago.

Soy/Immune System Link

Researchers³ in Illinois University fed a soy antinutrient, genistein, to young mice and found that it shrank their thymus by 50%.

The immune system's killer T-cells are produced in the thymus. The mice T-cell count dropped dramatically.

Comment: Humans are not mice, but these results are shots across the bow. Soy is not a human-adapted food and contains a range of nasty anti-nutrients like genistein. But don't just listen to us, this is the verdict of the researchers:

"These results raise the possibility that soy-fed infants may have thymus and immune abnormalities – as in previous reports of immune impairments in soy-fed human infants".

Kidney Cancer

Kidney cancer has increased 50% in the last 30 years. Scientists⁴ at the Keck School of Medicine have identified a new causative factor – oxidized fat. It scrambles the DNA code in kidney cells, provoking malignant mutations.

They found that the body's fatty acids get oxidized when the diet is deficient in antioxidants.

Simple conclusion: the typical Western diet is deficient in low glycemic plant food and it is driving up kidney cancer rates. [Well we knew that, didn't we!]

³ Cooke; Proc Natl Acad Sci USA 2002 May 28; 99(11):7616-21

⁴ Gago-Dominguez; Cancer – Causes and Control; April 2002, vol 13, no 3.

Moral: Yes, a copious, low-starch plant food diet is essential for optimum health on all counts. Eat Naturally and the anti-oxidants will work out just right.

Grapes Contain anti-Cancer, anti-Diabetic Compound

Researchers with the U.S. Department of Agriculture have identified another compound in grapes that shows promise in fighting cancer. The compound, **pterostilbene**, is similar to resveratrol, an antioxidant recently found in grapes and red wine that has also been linked to cancer-prevention, they say.

Previous studies by others have demonstrated that pterostilbene also has antidiabetic properties. The current study⁵ is the first to identify it as a cancer-preventive agent.

Comment: there are tens of thousands of micronutrients in non-starch plant food – all of them fit our biochemistry like keys in a lock. In fact the researchers are looking at the question back to front. Cancer and diabetes are a response (in part) to the *malnutrition* caused by a low plant food diet.

Do we have to go out of our way to eat grapes? Not necessarily – these compounds appear in a wide variety of fruits and low starch plant foods. And, because of their glycemic index, we are wary of eating too many grapes anyway.

But you don't have to worry - just Eat Naturally and all this works out just fine. Or of course a glass of red wine per day is OK too!

⁵ Journal of Agricultural and Food Chemistry, American Chemical Society; June 19, 2002.

Food/Disease Link

Salt and Osteoporosis

A recent study⁶ confirmed that women who had too much salt in their diet are driving themselves into osteoporosis.

The women who had a high salt diet (9 grams per day) lost 33% more calcium than those on a low salt diet (2 grams per day).

But the study further confirmed that a HIGH FRUIT DIET provides considerable osteoporosis protection to the high salt intake. Reason? The potassium and other micronutrients in the fruit decrease calcium loss.

Comment:

Yet another lesson to drive home the message that osteoporosis is all about a whole range of factors that undermine bone health.

One factor is American heavy salt consumption. After all, even the study's so-called 'high salt diet' contained **ONLY 9 GRAMS** of salt per day (two level teaspoons). Most Americans consume **DOUBLE** that, mainly from processed and fast food.

The other factor is the average American's **LOW FRUIT** diet. For fruit to be effective, something like **6 SERVINGS** have to be consumed. How many Americans do that?

Crucifers Prevent Stomach Cancer

The vast majority of stomach cancers and of stomach ulcers is caused by a bacterium, 'helicobacter pylori'.

But a team from Johns Hopkins⁷ has found that this bacterium is killed off by the sulphurophane

⁶ Sellmeyer et al; J Clin. Endo. Metab.; May 2002

⁷ Fahey; Proc Natl Acad Sci USA 2002 May 28;99(11):7610-5

found in low starch plant foods and particularly in crucifers such as broccoli and broccoli sprouts.

Our View? Mother was right when she said, "eat up your greens!"

Weaning Food

Omega-3 Egg Yolks Good

In a recent study⁸, babies weaned on a diet including omega-3 egg yolks did better than those using regular eggs and even better than those using no eggs at all.

The babies, between 6 and 12 months old, received 4 egg yolks per week. Those eating the omega-3 rich ones had 40% increased levels of DHA and good levels of iron and 'good' cholesterol.

Comment: Hardly surprising, but good to know that conventional nutrition is catching up with what we know about being human.

Eggs have always been part of the human diet, and they have been particularly handy for primitive societies all over the world for weaning their infants.

Briefing

Our Bodies have 10 LINES OF DEFENSE against CANCER

Cancer and cancer-anxiety are increasing alarmingly. Here we start an occasional series to show how this disease is largely optional.

Our body is a community of cells in which each one has its place and role. Normal cells are

programmed to stay stuck in the tissues where they belong. On the other hand, cancer cells are vagabonds that gatecrash other tissues. That is what distinguishes cancer cells from 'benign' tumors. That is what makes cancer cells so lethal: it is their ability to colonize other parts of the body. That is, 'metastasize' and create 'malignancy'.

In fact, cancerous cells have to overcome dozens of obstacles before they express themselves in a malignancy. These are the:

TEN LINES OF DEFENSE

1. Cells must, unnaturally, detach themselves from their original location.
2. Cells must burrow successfully through the basal membrane that acts as a mechanical barrier.
3. Cells have to find their way to a blood or lymph vessel and burrow through its wall.
4. Cells have to travel safely to a propitious distant location, avoiding marauding immune system macrophages.
5. Cells have to avoid self-destruction ('apoptosis'): normal cells are programmed to commit suicide if they find themselves alone. Cancer cells have to switch off that function.
6. Cells have to attach themselves to a new blood vessel wall again.
7. Cells have to tunnel safely through it.
8. Cells have to penetrate the basal membrane at the new site.
9. Cells have to invade the new tissue.
10. Cells have to successfully switch on their multiplying genes.

At every one of these steps, cancerous cells must escape the many controls that have evolved over eons to keep cancers in

their place. It is estimated that only 1 in 10,000 cancerous cells successfully makes it through this minefield of defenses to establish a new colony. The wonder is that cancers can ever occur at all. It is a terrible indictment of our lifestyle that we so sabotage our bodies that cancer has become such a prevalent disease.

Moral? Get your immune system up to speed by Eating Naturally! (And ... oh yes, in second place it helps to avoid smoking, over-stress and sleep-loss too.)

From Page 1

Human Cat Food

Clever analysis of the carbon isotopes in human bones and the tooth enamel of predators showed that humans were the predators' main source of food.

It is not surprising that we still have the reflexes to sense stalkers, and to be aggressive in defense.

Megantereon and the giant hyena are now extinct, but the leopard lives on. He, and the lion who arrived more recently, are both still dangerous to humans.

Moderation

But it doesn't stop there. People kid themselves that they can CUMULATE a whole series of bad things in moderation – and still believe that the total still only adds up to a 'moderate' impact.

No – this is sloppy logic driven by wishful thinking. A dish combining waffle with whipped cream and maple syrup is **WORSE** than the sum of its parts.

⁸ Am J Clin Nutr; 2002 Jun; 75(6): 1084-92

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The Book: German language edition. hardback, full color. ISBN 3-89530-064-0		25.00	
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