

NATURAL EATING NATURAL EATING NATURAL EATING



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Testimonial: Richard Broome. **Q of Month:** Splenda. **Parents Beware:** Cadbury's Yowie. **Food/Disease Link:** Seizures; Stomach Cancer. **Simple Fix:** Bodensee Blette Loaf. **Q & A:** Carob; Tuna and Iodine; Dandelion Coffee; Rapeseed Oil; Supermarket Plant Food; Browning Onions; Fat Diversity. **Fast Facts:** Omega 6 Oils and Arteries; Milk and Crohn's Disease; Plant Consumption; Cholesterol Enzyme/arteries. **Policy:** G.I. Labeling; New G.I.'s; Quorn Approval. **Food/Mood:** selenium. **Sheep's Clothing:** Soy allergy

What People Say

From Richard Broome

Hello and thank you for bringing Natural Eating to the public. I have dropped 12 pounds of fat and 6% body fat since starting two weeks ago!

My energy is up there too – no more mid-afternoon slumps.

Thanks!

Richard Broome

whitelirien@hotmail.com

Question of the Month

Splenda Sugar Substitute

Q. What about the new sugar substitute in the US -- Splenda (maltodextrin and sucralose)? Is it safer than aspartame?

A. Sucralose, like aspartame, has been through the FDA's most rigorous safety tests. Both have been found to be perfectly safe – far safer than sugar! (Had sugar been obliged to undergo the same tests it would have been promptly **BANNED** as a dangerous substance!)

Sucralose is 600 times sweeter than sugar and retains its sweetness better than aspartame when heated – so it is better in cooked goods. The maltodextrin in Splenda is an ordinary (bad) sugar but its quantity is insignificant.

Parents Beware!

Cadbury's "Chocolate" Drink

Children's food makers are ever creative in selling toxic junk.

Trick Number 8:

Use a Secret Language

Plastic gifts have been added to breakfast cereals for years.

Now this marketing trick is being refined and extended. For instance, Cadbury's Yowie comes with a 'Boof'. Need a translation? Cadbury's Yowie chocolate drink, **74% sugar -- aargh!**, comes with a plastic egg containing an animal pencil top. It also contains a token for a kids' magazine 'for Cadbury Land Yowie Fans'.

AVOID!

Food/Disease Links

Low Carb Diet Reduces Seizures

Johns Hopkins neurologists report¹ that a so-called 'ketogenic' diet (very low in grains, starches and sugars) markedly reduced severe seizure disorders (epilepsies) in children.

The researchers are puzzled as to why this should be. There is a 'flurry of activity' underway to

¹ Pediatrics; vol. 108, no 4, October 2001

reveal the biochemical reasons for the treatment's success.

Our View? This is yet one more smoking gun pointing to the culprit – the modern, high glycemic diet. It is a biochemical disaster whose ramifications provoke all kinds of unexpected disorders.

Stomach Cancer linked to Meat Consumption

Esophageal and stomach cancer have increased 300% since 1975. New research² has shown that this trend is strongly linked to a diet high in animal protein plus its cargo of vitamin B₁₂³ and cholesterol.

On the other hand there was a much-reduced risk with diets rich in plant nutrients like beta-carotene, soluble fiber, folic acid, vitamin C and vitamin B6.

Our View? Yet another confirmation of the feeding pattern that is right for humans – Natural Eating.

² Mayne et al; Cancer, Epid., Biom., & Prev. October 2001.

³ Vitamin B12 is the bête noir of vegans. It is essential in microscopic quantities but is only found in food of animal origin. Clearly though, one can have too much of it too.

Simple Food Fix

This is a fine way to serve that difficult vegetable, turnip greens. Our thanks to Inge Fischer of Konstanz on Lake Bodensee, Germany for this recipe. We also like the French word 'blettes' for turnip greens.

Bodensee Blette Loaf

serves 2 (main), 4 (side)

YYYYY

Ingredients:

- 1 lb. (450g) turnip greens
- 3 cloves garlic
- 4 eggs, free range, omega 3
- 1 tablesp. olive oil
- salt and pepper to taste

Method:

- Clean the turnip greens, cut out, chop and reserve the white stalks.
- Heat the oil in a frying pan and sauté the crushed garlic and the chopped white stalk.
- Meanwhile, chop the remaining green parts of the turnip greens.
- Add to the pan and cook until they are soft.
- Add salt and pepper to taste.
- Add the contents of the frying pan to an oiled baking dish.
- Beat the eggs and pour and spread equally over the contents of the baking dish.
- Bake at 350°F (180°C) for 15 minutes or until cooked.

Comment:

Turnip greens are a great nutritious vegetable. Here they are put together in a dish that which provides a good acid/alkali balance with a high protein food, egg.

Frozen, chopped turnip greens can be used instead of fresh.

Questions

Carob

Q. *What is carob? Is this a fruit or vegetable or neither? Can it be used instead of chocolate or in general in cooking?*

A. Carob comes from the seeds and pod of the carob tree which, although it grows to 50 feet, is of the pea family. Carob pods grow to 12 inches long. The milled seeds are used as a substitute for cocoa and also as a food. This food is sometimes known as St. John's bread, and locust bean gum. Carob powder is also used as a food stabilizer and as a darkening agent.

Carob is the opposite to cocoa in that it is very high in carbohydrate (88%) and low in fat. In spite of that, it is frequently used as a substitute for cocoa.

Note that we talk about 'cocoa' and not 'chocolate'. Regrettably, most modern confectioners debase the innocent qualities of cocoa when they make chocolate, by adding sugar, dairy solids and garbage fillers.

However, there is no fundamental reason why chocolate should not form part of the Natural Eating diet provided it is very high in cocoa solids (at least 75%), low in sugar and 'dark' (i.e. no dairy or other adulterants).

Such chocolate is readily available in Europe. In America it is hard to find. Trader Joe's sometimes carries the Schwartenbroekx brand, which is fine.

Some people might want to avoid cocoa products because they are wary of the modest caffeine content or because they find that they suffer an allergic reaction such as headaches and migraines.

Although carob is a bad carbohydrate, the quantities used are relatively small, so substituting it for cocoa is certainly worth trying.

In our cookbook, we have several cocoa based recipes. These give a delicious result. We don't know how they would work with carob – if you try, let us know!

Tuna, Iodine and Pregnancy

Q. *I am pregnant and I have heard that I should avoid eating tuna because of its high iodine content. What is your view?*

A. Iodine is a mineral important to human health. It is quite easy to be short of it, which is why governments ordain that salt be 'enriched' with iodine.

As a Natural Eater, you will have reduced your salt intake markedly. Tuna, and seafoods in general, are a good source of iodine. But it is highly unlikely that you will consume iodine to excess.

As ever, just stick to the Natural Eating pattern, and all these things will work out just right.

Dandelion Coffee

Q. *Is dandelion root coffee (not the instant version) an acceptable alternative to real coffee?*

A. Yes. Dandelion root makes a dark, bitter, caffeine-free drink. It has not been researched very much, but it seems to be fine.

Rapeseed Oil Safety

Q. *I understand that Canola oil is a variety of rapeseed oil with a harmful fatty acid bred out of it. You say that Canola = rape-seed in the UK. Does this mean rapeseed in the UK is 'safe'?*

A. Yes – These days, ALL rapeseed oil, by whatever name, is ALWAYS safe for consumption.

Wanted – Dead or Alive?

Q. *'Live' foods – what does it mean and how important are they?*

A. These are generally taken to mean foods that have not been 'killed' by processing in some way. Live foods are ones that are freshly picked or slaughtered.

In our Paleolithic past our ancestors only ate 'live' foods. Our bodies are therefore reliant on many nutrients that get destroyed by processing – notably cooking.

The Natural Eater should always have a high percentage of 'live' foods in the diet. He will get them chiefly from fresh fruits and salads.

In reality this is sufficient and, pragmatically, we do not need to go to the extreme lengths of those who follow a totally "raw food" diet.

Supermarket Plant Food

Q. You say that plant materials available today in our supermarkets provide adequate nutrients to maintain optimum health if the precepts of Natural Eating are followed. True?

A. Yes. The key is to actually eat them! – and in the much greater quantities than we are accustomed to.

Onions – Browning Version

Q. *Why don't you allow onions to brown in your recipes? Is this for taste or health reasons?*

A. It has to be admitted that this is chiefly for culinary reasons. There is no real objection to browning onions from a purely health viewpoint, although we do like to avoid overcooking and oxidizing the cooking oil.

Dr. Wallach

Q. *Are you familiar with Dr Joel Wallach's theories and products? What is your "take" on both?*

A. Yes, we are familiar with Dr Wallach's theories and his supplements.

He has an amusing, roguish and plausible discourse on the importance of minerals in the human diet. So far so good.

He then extends his ideas well beyond reason and his 'pitch' is very deceptive. For example he claims that gray hair is due to a deficiency of copper and that one only has to purchase his mineral compound elixir to rediscover the hair color of youth. This is plainly nonsense, as anyone who has been taken in, will find out.

You might find it hard to resist the multilevel marketing of his products. Don't waste your money.

Allergy Patience

Q. *I have had asthma and hay fever since the age of 8. Since following the program for about 6 weeks I still have outbreaks of hives and hot itching. Before I go through a bevy of new allergy testing, should I have some more patience?*

A. Allergy is one of the most intractable of conditions. The immune system, which is designed to remember a measles virus for a lifetime, does the same, in a dysfunctional way, with allergens. So yes – patience is required.

For example Nicole Bond, who came to Natural Eating suffering badly from allergies, took 3 months to get rid of dry eye and another 6 months to throw off the rashes and digestive upsets. However they did go!

Certainly, part of the solution is avoiding the substances that provoke an allergy. But that is only part of the answer. The other side of the equation is getting your immune system to function normally again. That is where it is so important to follow the Natural Eating precepts on a daily basis as a new and restoring way of life.

National Fat Comparisons

Q. *Can you explain how the cheese eating, beer swilling, bread eating, meat eating Dutch sit with the Danes and the Swiss and the Norwegians at the bottom-end of the OECD fat-people-spectrum .*

According to the OECD, 23% of Americans, 20% of Brits and 18% of Australians had a body-mass index of over 30 while only 7% of Dutch and Danes did. Is that diet or genetics or exercise?

A. There are lies, damned lies and statistics! It just goes to show that you have to delve below the broad numbers to find a deeper truth.

Firstly, right up to the 1970's the Americans had a very low rate of obesity too. Since then their population is on an upward trajectory of obesity. The same goes for other nations (even the Chinese). It is just that their trajectory started later.

Secondly, the increase in obesity is related to the new cultural habits of eating-on-demand. The easier it is to satisfy hunger as soon as it is felt, the quicker that person gets fat. The ready availability of fast foods and drive-thru restaurants directly influences the obesity and ill health of a population.

Thirty-five years ago few owned a deep freezer. Sixty years ago few owned a fridge. Today we are much more prosperous, our larders are well stocked and we can eat whenever we fancy. Worse, the food industrialists tempt us with ever more tasty fat- and carbohydrate-rich food.

Thirdly, the cultural taboos about eating in the street are breaking down. The French still retain a strong cultural habit of only eating at a mealtime and sitting down in company to do so. This externally imposed discipline is important for controlling food intake. Humans are basically programmed to keep eating for as long as food is there.

Fourthly, obesity is only one measure of poor health. The less-fat peoples you mention are notable, nevertheless, for having shorter lifespans and suffering more from degenerative disease, than their counterparts in Spain, Greece and Italy.

Bottom Line? It is all down to bad lifestyle habits – particularly eating wrongly and in excess. Reduction in physical activity plays a secondary role. It has virtually nothing to do with genes.

Fast Facts

Omega 6 oils damage Arteries

New studies⁴ confirm that certain fatty acids inflame the arteries and increase their 'stickiness'. What are these fatty acids? None other than the dreaded omega 6 oil as found in corn oil, peanut oil, sunflower oil and safflower oil.

The researchers conclude that the obsession with cholesterol as a supposed artery harmful compound is probably misguided. Doctors need to be looking at fatty acid levels.

Surprise, surprise!

Food Intolerance – Milk can Cause Crohn's Disease

Scientists from York Nutritional Laboratories (YNL) have backed claims (made in a Government Advisory Committee report) that there is a strong link between the microorganisms present in milk and bowel conditions such as Crohn's Disease.

The laboratories' CEO, John Graham, maintains "Our research evidence shows that there is a strong link between food and chronic conditions and yet our findings are frankly being ignored."

In a major study, which supports the findings of the

government scientists, people with chronic conditions such as Irritable Bowel Syndrome, persistent bloating, diarrhea or stomach cramps, experienced immediate relief when certain foods were removed from their diets.

Comment: Sure – just get that dairy out of the diet and a lot of troubles will go away.

Plant Food Consumption Increasing – but too slowly

The American Heart Association reports that the percentage of adults eating five portions a day of plant food has risen from 19% in 1990 to 23% in 1996.

They lament that this still leaves some 77% of the population that doesn't even achieve this very modest level of plant consumption. Obese people have even regressed – from 17% down to 15%.

Comment: Natural Eaters, who eat 15 to 20 portions a day of plant food, are way ahead of the pack on this one.

Good Cholesterol Enzyme Good For Artery Disease

An enzyme, 'hepatic lipase' that breaks up the "good" cholesterol, HDL, decreased coronary artery disease, according to a recent study⁵.

Comment: it just goes to show that we can't double-guess the incredible complexity of the processes going on in the body. All we know is that to eat Naturally ensures that these molecules all work out just right.

⁴ Am J. Clin. Nutr. Dec 21 2001.

⁵ Circulation: J. Am. Heart Ass. Dec 18, 2001

Policy

Australians introduce Glycemic Index Labeling

In a remarkable advance for the benefit of consumers, the Australian authorities have established guidelines for including the Glycemic Index on food labels.

This is in response to the requests of thousands of consumers collated by the Sydney University Glycemic Index Research Service (SUGIRS).

Labels will appear in early 2002 and then later they hope to extend the scheme to the United States and to UK.

If you would like to see more foods carrying this information, write to SUGIRS at: GISymbol@biochem.usyd.edu.au

G.I.'s for New Fruits

SUGIRS has just published the GI's for the following fruits:

Borderline G.I.:

- Custard apple: 55
- Apple juice, 100% unsweetened: 40

Bad G.I.

- Lychee, canned: 80

Quorn Approved by FDA

We reported on Quorn in our September 2000 newsletter. It is a vegetable protein that is based on *mushroom* and is infinitely preferable to other alternatives, notably soy protein.

At that time we wrote:

"We don't know of an analogue myco-protein product in the U.S.A. although no doubt one exists. Let us know and we'll

publish it for the benefit of all our American readers."

"*Myco-protein?* This British product is remarkable for using a *mushroom* protein as its base material. This is much preferable to soy protein for all the reasons evoked in the May 2000 newsletter."

Now we know – the FDA needed to approve it. Americans who want to use meat substitutes will soon have Quorn – far superior to soy protein.

Contact: Quorn Freepost SEA 4093, Croydon CR2 6UZ, UK. Freephone: 0800 174 966.

Food/Mood Link

Selenium Anti-depressant

A number of studies have shown that low selenium intake gives rise to depression and other negative mood states.

A UK study⁶ by Benton and Cook showed that a supplement of 100 mcg/day significantly improved mood and decreased anxiety and depression.

Our View? The proper working of all parts of the body, including the brain, is dependant on a consistent supply of the necessary raw materials.

It is not surprising that a deficiency of even one essential nutrient, such as selenium, will upset the delicate machinery of the brain.

But you should be getting these nutrients from your food – not from supplements! The Natural Eater will be getting his selenium from a huge variety of plant and animal sources.

⁶ Biol. Psychiatry 1991; 29: 1092-98

Some of the richest are Brazil nuts and crab.

But in view of the extreme importance of selenium, and its unreliable presence in our food supply, we do suggest a modest 'top-up' dose of 25mcg per day. The Toolbox/Manual has more information.

Sheep's Clothing

Soy Allergy Alert

The Canadian Food Inspection Agency (CFIA) is warning consumers with allergies to soy protein not to consume "Old Fashioned Foods" brand Bacon Cheese Snack Spread.

Consumption of this product may cause a serious or life-threatening reaction in persons with allergies to soy protein.

Comment: allergies – the dark side of soy – but some might say that people who eat 'Bacon Cheese Snack Spread' are living dangerously anyway.

Upcoming Events

Contact us for further details.

Visit us on the Web!

www.naturaleater.com

Seminars (USA)

Info/Reg. 1-888 240 3493

Mon Feb 25, 6:30 – 8:00

"The Remarkable Benefits of Eating in Harmony with our Genetic Heritage"

The Clubhouse, Golden Sun Estates, Washington St. Palm Desert.

Entry: open, free

Weds Apr 24, 3:00 – 5.00 pm

"How the Government's Food Pyramid is making us Sick"

Jerry Stergios Building Desert Hospital, Indian Canyon Way. Palm Springs

Entry: open, free

NEW! Check our site for the downloadable Natural Eating System! www.savvyeater.com

RESOURCES	qty	US\$	Amount
The Book: The 'Bible' to Natural Eating. ISBN: 1-58000-054-1		19.95	
The Book: German edition. hardback, full color. ISBN 3-89530-064-0		25.00	
The Introductory Guide: the easy-to-read essence of Natural Eating. ISBN 0-971285-2-5		9.95	
The 1st Big Cook Book: Over 80 delicious conforming recipes. ISBN 0-971285-0-9		19.95	
The Toolbox/Manual: The indispensable guide for the serious practitioner. ISBN 0-971285-1-7		19.95	
Web Membership: access to the member's area for ONE YEAR . Download the latest newsletters; have your questions answered (S&H not required)		18.00	
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New Year's Deal! Geoff Bond sign and dedicate, wrap, message, shipping (1 item) Write your message here:		5.00	
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