



ILLUSTRATED TALK
THURSDAY, JANUARY 12, 2012

**Lifestyle Changes for Health, Beauty & Long Life:
Insights from our Human Origins.**

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| Speaker: | Geoff Bond, M.Sc., M.I.C.E., M.I.L. Evolutionary Lifestyle Anthropologist | |
| At: | Conference Room, Coral Beach Hotel , Coral Bay, Paphos | |
| Info & Reservation: | Jason Smith: email: Jason.Smith@Coral.com.cy Geoff Bond: 99 45 24 68 | |
| Time: | 10:00 am | Registration |
| | 10:30 am | Talk Starts (prompt) |
| | 11:30 am | Talk finishes, Q&A starts |
| | 11:45 am | Q&A finishes |

More information also at: www.naturaleater.com/events.htm

ILLUSTRATED TALK: NOTES

For our next speaker we are very fortunate to have Geoff Bond, the Evolutionary Lifestyle Anthropologist, and author of the reference work on the subject, [Deadly Harvest](#). This could be a life changing experience!

IN THIS TALK: Geoff will focus on:

- Our human origins and the lifestyle and feeding patterns to which we are still naturally adapted .
- Our ideas of beauty are an evolutionarily evolved proxy for detecting beneficial features (including health) in the ancestral environment.
- The way we live today is in sharp discordance with this ancestrally hard-wired lifestyle.
- Foragers do not suffer from “diseases of civilization” like cancer, heart disease, diabetes, obesity and so on. Nor do they suffer from cellulite, acne, varicose veins, crowded teeth, and many more complaints. The fundamental mechanisms by which these occur are examined.
- The ways in which we can align our lifestyles today as closely as possible to our Pleistocene-bred natures are presented.
- In this way we maximize our chances of achieving optimum health and thus beauty.

Geoff lectures regularly to medical and general audiences both in USA and Europe. He is a member of the health panel for the UK think-tank “Reform”. His message is revolutionary and cutting edge.

Geoff sets off next week for his annual speaking tour in America. His lectures for hospital physicians educate them in the link missing in conventional medicine: how to advise the patient after they have patched up the lifestyle disease (e.g. cancer, heart disease, arthritis, osteoporosis, etc.).

RESOURCES

- Geoff Bond’s website www.geoffbond.com (www.naturaleater.com)
- Geoff Bond’s monthly *Bond Briefing* – a non commercial, pure intelligence, update on the latest thinking in evolutionary lifestyle anthropology. Normally by subscription, attendees of the talk are offered free access for 6 months. Send an email to Geoff Bond at geoff@geoffbond.com. (We hate junk mail and promise not to spam you or abuse your email address in any way.) View a sample copy at <http://bit.ly/news-2011-01>
- Geoff Bond’s latest book, *Deadly Harvest* (www.deadlyharvest.com). Geoff will be signing copies after the talk.

MORE ABOUT GEOFF BOND

An applied science post-graduate of London University, Geoff spent his early career living and working in remote African villages where he widened his studies in evolutionary human development. He is one of a small breed of scientists bringing unique insights to human health. They peer back in time to see how nature forged both our bodies and our minds to live in a particular kind of way and then to describe how we don’t do it anymore -- and why it matters.

Many of our lifestyle habits, some of which we have been taught to think of as healthy, actually undermine our bodies’ ability to function properly causing illness and disease.

If you would like to come along to hear Geoff's talk and presentation on **Thursday, January 12th** at the **Coral Beach Hotel Health Club**, Coral Bay please reserve a place by email to: Jason.Smith@Coral.com.cy . or call **Geoff Bond**: 99 45 24 68