

The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

The Science of the living pattern that is right for the human species;
The Art of applying this knowledge in today's world

www.TheBondEffect.com

Monthly Private Subscription Newsletter – Annually: Hard Copy \$59.00 - Electronic \$18.00

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

Social Anthropology: Male Sexual Jealousy. New Book: Deadly Harvest Available Soon. Quote of Month: Slimming the 3rd World Way. Make-Over: The Bond Effect Defined. Social Anthropology: Blue Eyes and Paternity. Recipe: Hunter's Goat Stew (II). Q&A: Mad Cow Disease Dormant. Case Notes: Natural Eater and Colic. Food/Disease Links: Macular Degeneration (2). Human Pedigree: Neanderthal Genes Update. Good to Know: Vitamin C in a Nutshell (3). Food Politics: 'Merde' in our Plates. Latest News: Bread/Kidney Cancer Link; Wheat Gluten/Dementia Link; Calcium Tablets Don't Prevent Children's Bone Fractures; Cola Rots Older Women's Bones; Brain's Antioxidant Defense. Hints & Tips: Work on the eating Clues. Laughter: Blonde Rapid Transit. Events.

Social Anthropology

Male Sexual Jealousy

Male chimpanzees and gorillas play no part in parenting. Indeed, with their promiscuous sexual relations, mothers have no idea who is the father of their children. But in our Human Pleistocene past, commitment from the father was necessary to the survival of his offspring. But to take on this troublesome commitment, his genes needed to be sure that he is indeed the father. This is an extract from Geoff's forthcoming book Deadly Harvest.

"One of the worst things that can happen to a gene is that it finds itself in a body which, instead of promoting further copies of itself, is promoting someone else's copies. This can occur if the wife has been sexually active with some other male. The husband could find himself raising another male's genes. Males today are therefore descended from a long line of males who did a better than average job of ensuring that they were raising their own genes.

"How did they do this? Male genes have a powerful way to manipulate their host: provoke feelings of sexual jealousy. The male, once he has made a commitment to the female, feels jealousy, almost insanely so. He will get violent if he senses that his woman is attracted to another man and if higher-status men are interested in her.

"Jealous violence also has a preemptive role in deterring infidelity. These effects are strongest if the woman is in her prime for childbearing and if the male is low status.¹ Even so, no man is exempt from these emotions—they are part of the hardwiring..." (See Blue Eyes and Paternity, this page.)

New Book

Deadly Harvest Available Soon

Phew! Finally my new book will soon be in print.

Square One, my long-suffering publisher, will issue Deadly Harvest in USA in early January and the UK shortly after. You can see a sample preview on www.naturaleater.com

The sticker price is \$16.95 and its ISBN (identification number) is: 978-0-7570-0142-0

Square One Publishers are happy to take pre-orders from now on. Contact them on sq1info@aol.com



Make-Over

The Bond Effect Defined

What is "The Bond Effect"? We have used the term for many years to mean the technique of harmonizing our lifestyle with our savanna-bred natures. In this way we rediscover the mental and physical health that is our birthright.

The Bond Effect encompasses not only nutrition but also other lifestyle factors such as physical activity, sunshine, and even psychology, emotions and social arrangements. The new book Deadly Harvest reflects this broader look at our humanity. For this reason we have renamed this newsletter:

www.TheBondEffect.com.

This simply reflects the full scope of its content now for many years.

Social Anthropology

Blue Eyes and Paternity

In News March 2006 (Blondes got the Blokes) anthropologist Peter Frost suggests that blue eyes arose in the European ice-age as a way for females to attract a man.

As we saw in Male Sexual Jealousy, this page, the question of paternity is of vital interest to the man's genes. Now the rules of genetic inheritance mean that a child always has blue eyes if both parents also have blue eyes. This gives a blue-eyed man with a blue-eyed wife a check on whether he is indeed the father. If his child has brown eyes he cannot be the father. [The reverse is not the case, see continuation, page 4].

Dr. Bruno Laeng of Tromsø University, Norway speculated that this would create a special circumstance where the genes in a blue-eyed man would make him particularly attracted to blue-eyed women. His study found indeed that this was the case². On the whole, blue-eyed men found blue eyed women more attractive.

In contrast, blue eyed women had no particular preference for blue eyed men: their genes don't need to prove paternity. Cont: Page 4

Quote of the Month

Slimming the 3rd World Way

"Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry. I mean I'd love to be skinny like that, but not with all those flies and death and stuff." Mariah Carey (37)
American pop and R&B singer

Recipe

Hunter's Goat Stew (part II)

YYYYY

Yield: 8 servings

For Part I - Ingredients, see last month. We also publish the full recipe on www.naturaleater.com.

Historical Note: The last meal of Öetzi the "Ice Man", before he died on the Alpine glacier 5000 years ago, was of goat. ([January 2001](#)).

METHOD

1. Prepare the marinade and let the meat marinate for up to four days in the fridge.
2. Drain the marinade in a colander and just keep the goat meat, the onion and garlic.
3. In a large pan or wok heat half of the oil. Add the goat meat and sauté for a few minutes until golden brown on both sides. Set aside on a plate and cover.
4. Add the rest of the oil to the pan and sauté the onion until it is soft and translucent. Add in the garlic and sauté for 2 minutes. Mix in the tomato paste, stir well to coat the onion.
5. Add the marinated onion and garlic, the green peppers and sauté for 5 minutes.
6. Mix in the zucchini and cabbage.
7. Season with salt and pepper to taste. Add Italian herbs, the coriander, the cumin and the Tabasco sauce to taste. Cook until the veggies are almost cooked.
8. Add the goat meat. Simmer all together for 15 minutes.

Comment:

This is a good, conforming, self-contained meal with protein and plant food in good balance. The Tabasco should be just enough to make the dish piquant. (See colon health [Sept 2005](#) to [March 2006](#))

Questions

Mad Cow Disease Dormant?

Q. I heard that Mad Cow Disease or BSE (Bovine Spongiform Encephalopathy), may still be dormant and could possibly recur. Is this possible?, and what is BSE anyway?

A. Mad Cow Disease is an infection by the tiniest agent known: prions. They are much smaller even than viruses. They rot out brains causing deadly dementias like BSE and, in humans, Creutzfeld-Jacob disease.

In [July 2003](#) we reported on the Foré, a tribe living in Papua-New Guinea, who had the custom of eating the brains of their dead at funeral feasts. As a result, some of them fell ill with 'kuru' -- a 100% fatal prion disease.

So prion diseases are out there in the environment and they are incredibly long-lived. They can lie dormant for up to 50 years, even in humans hosts, according to prion specialist Professor John Collinge of University College, London³.

Even so, you can only get a prion disease by eating it. If you avoid brains and spinal cord it is fairly easy to do. However, until recently burger and sausage makers routinely put such matter into processed meat of all kinds. (See Merde in our Plates, page 3). We have to trust the honesty of the meatpackers -- and vigilance of the Government inspectors -- to make sure it doesn't happen.

Or, of course, just Eat Naturally: consume no processed meat and certainly no beef.

Questions: For lack of space, we hold over till next month questions on kidney stones, vitamin B12 sources, urine, and poppy seed oil.

Case Notes

Natural Eater and Colic

A young woman, follower of the Bond Effect precepts, presented with intestinal disturbances. She had violent cramps, bloating and stabbing pains in her guts. Her doctor had eliminated possible gastric infection and diagnosed Irritable Bowel Syndrome (IBS). He had prescribed the usual medication, Buscopan, to calm muscle spasms. However, this was not working. The patient had also tried self-medicating with peppermint oil capsules, the usual "alternative" remedy. This did not work either.

IBS is usually triggered by the anti-nutrients in grains, dairy, and legumes, or the irritation of hot, spicy foods. ([Sept 2005](#)).

However, this patient, as a good

Bond Effect practitioner, indulged in none of these errors. Our thoughts turned to other factors that provoke colic symptoms. These include stress and a high fructose intake.

The patient confirmed that she consumed a large quantity of fruit (some 2 lb.) every morning. All of it is rich in fructose and much of it, such as apples and pears, is very high. She also confirmed that she has recently suffered some serious emotional shocks.

We recommended that she eliminate fruit totally for a trial period. For breakfast she should try one of the many alternatives (Index of Breakfast Ideas, [October 2005](#)).

In addition, she should try to control her stressed state by getting plenty of hard physical exercise, proper sleep, sensible amounts of sunlight and continue eating like we say.

After a week, the patient reported that her colic had disappeared. We do not know what worked -- or whether the symptoms would have disappeared of their own accord. However, her lifestyle is now even more conforming -- and she is free of unnecessary powerful medication and herbal remedies.

Food/Disease Links

Director's Cut: Deadly Harvest Out-take

Macular Degeneration (2)

Last month we saw how the eye's retina depends on a constant supply of micronutrients provided by colored plant food. We continue:

The Fat Connection: In an unexpected discovery, a research team led by Dr. Johanna Seddon of Massachusetts Eye and Ear Infirmary, found⁴ that macular degeneration is strongly connected with the kinds of fats the sufferer has been in the habit of eating. A diet high in omega-6 fats, such as margarine, corn, sunflower and safflower oil increased risk of blindness by 86%.

In contrast, people who reported diets rich in omega-3 fatty acids had a decreased risk of the disease -- but on one condition -- that their intake of omega-6 oils was low.

Here we have a clear example of the competition between omega-3 and omega-6 to get behind the steering wheel. If omega-3 wins, then macular degeneration is avoided. If omega-6 wins, you al-

most double your risk of going blind as you get older.

With macular degeneration, it is not enough to say that prevention is better than cure; prevention is the only way to go – there is no cure.

Here we have mentioned two critical nutritional measures to observe. They fit straight into the Bond Effect model. Have a good intake of non-starch plant food; consume fats and oils according to the conforming fatty acid profile.

Human Pedigree

Update on Neanderthal Genes

Coincidentally, after our article last month, the flagship scientific journal, *Nature*, published the latest study on Neanderthal DNA⁵.

Dr Richard Green of the Max-Planck Institute of Evolutionary Anthropology, Leipzig, Germany, estimates that Neanderthals and Humans had a common *Homo erectus* ancestor about half a million years ago. Since then, Neanderthals and Humans did not breed with each other.

In addition Green calculated that the group of *Homo erectus* which gave rise to humans was remarkably small – there were no more than 10,000 to 12,000 of them. They only survived by rapidly evolving into something else – us!

Good to Know

Vitamin C in a Nutshell (3)

Last month we saw how vitamin C from fresh fruit has more staying power than processed fruit juice. We also saw that vitamin C intake exceeding the body's "saturation point" was ineffective. Now we look at vitamin C overdose.

Vitamin C overdose

Vitamin C "mega-doses" will result in health problems rather than benefits. The Institute of Medicine (I.O.M.) established a MAXIMUM intake of vitamin C: total intake from all sources should be less than 2,000 milligrams per day⁶.

For example:

- Cancer tumors use the excess vitamin C to protect themselves from radiation and chemotherapy⁷ -- thus negating the treatment.
- Vitamin C megadoses damage DNA in ways that lead to cancer⁸. ([Sept 2001](#)).
- Free iron in the bloodstream is lethal. Humans bodies make two

"sweeping" compounds that lock up iron to prevent it making toxic quantities of free radicals. But vitamin C bursts open these sweepers to free up the iron.

Patients have died from a single dose of vitamin C releasing so much iron that it produced fatal cardiac arrhythmia⁹. ([Dec 2000](#))

- Vitamin C is an antioxidant – but only at moderate doses. Over about 500mg it becomes a 'pro'-oxidant. That is, it has a similar damaging effect as free radicals.¹⁰ [In this regard the I.O.M.'s maximum appears too generous]

Our View? You cannot second guess your body's needs for vitamin C. Just eat plenty of plant food like we say, and the body sorts it out just fine.

Food Politics

From Newsletter November 1999

'Merde' in our Plates

"The nation that gave us haute cuisine and cordon bleu has a darker side to its food industry. A scandal has broken out in the European Union. French farmers feed farm animals on sewage sludge.

"Slaughterhouses and rendering plants swill down the débris and animal excrement that even they cannot find any use for. This sewage passes to a treatment plant that also treats the human sewage from the lavatories.

"The solids are filtered from the liquid, the fats and greases are separated and cooked at 133°C. This residue is then sold as a cheap and calorific additive for pig- and chicken-feed.

"The European Union feels queasy about this practice, as do most consumers, now that they have found out about it. You might think that the animal feed people would say, "It's a fair cop" and abandon the practice. None of it."

2006 Update: Researchers are cooking the sludge at ever higher temperatures to try to kill off BSE prions. (See Questions, p 2).

However, even at 180°C, the maximum practicable, the researchers find that prions continue to survive.

Latest News

Bread/Kidney Cancer Link

Dr. Francesca Bravi of the Mario Negri Research Institute of Milan finds that high bread consumption increases risk of kidney cancer by 94%¹¹. Pasta and rice consumption increased risk by 30%. Milk and yogurt increased risk by 27%. In contrast high vegetable intake REDUCED risk by 35%.

Our View? As Bravi observes, the increased cancer risk is due to high starch consumption which sharply raises blood sugar levels which then raises insulin to abnormal levels. Yogurt and milk also raise insulin levels directly without increasing blood sugar levels. See *Insulin Control and its Index*, [January 2005](#). High insulin levels depress the immune system and encourage cancers to emerge.

It all adds up to the usual lesson: eat like nature intended and you will avoid kidney and other cancers.

Wheat Gluten/Dementia Link

Mayo Clinic researchers have identified a strong link between celiac disease (gluten allergy) and cognitive decline, amnesia and confusion¹². Some sufferers even improved as soon as they began a gluten-free diet.

Our View? The connection between allergens (like gluten) and brain malfunction is well documented. For example we featured the connection with ADHD (Attention Deficit, Hyperactivity Disorder) in [August 2004](#). Grains and their gluten burden are not human food and you should eliminate them.

Calcium Tablets Don't Prevent Children's Bone fractures

The Menzies Research Institute in Australia finds that calcium supplementation in children does not help a child's bone-density¹³. On the other hand, eating more fruit and vegetables and getting sensible amounts of sunshine are helpful. (See **Our View**, next item)

Cola Rots Older Women's Bones

Dr. Katherine Tucker of USDA Human Nutrition Research Center, Boston finds that women who consume high amounts of cola were more likely to suffer osteoporosis¹⁴. The same was true for diet colas and decaffeinated colas.

With this study they confirmed the role of high phosphorous intake in depressing bone building. (See: Soda Softens Bones, [July 1998](#) and Keep Bone-building Hormones Balanced, [July 1999](#))

Our View? This confirms everything we have said about bone health right from the beginning (Natural Eating Book, chapter 8). A huge range of lifestyle factors are necessary for bones to grow normally: calcium intake is usually on ly an insignificant factor.

Brain's Antioxidant Defense

Julie St-Pierre at Dana Farber Cancer Institute find that the brain secretes a compound, PGC-1alpha, which powerfully stimulates an antioxidant cleaning system to protect its cells from nerve toxins¹⁵.

If this self-cleaning mechanism does not work properly, it can lead to Alzheimer's, Parkinson's and Huntington's disease. PGC-1alpha also plays a protective role in heart disease, cancers and ageing.

Our View? The interesting point is this: it is not enough to have antioxidants circulating in the bloodstream – the brain has to switch on the PGC-1alpha trigger which in turn puts the anti-oxidants to work.

Sometimes the brain fails to do this – and, for the moment, we do not know why. It would be surprising if lifestyle errors did not have something to do with it.

Hints & Tips

Work on the Eating Cues

Professor Brian Wansink of Cornell University, New York has an

interesting take on why we overeat. He studies the cues we use when we eat. For example, he used special soup bowls, continuously refilled from below (unbeknown to the eater). Without the visual cue of the empty bowl, most people just kept eating: over a quart for some.

In another test, he randomly assigned either a small or a large bowl and a small or large ice cream scoop to 85 nutrition experts. Even they served themselves 31% more with a large bowl and 15% more with the large spoon¹⁶.

Warsink makes the point that people make more than 200 food decisions a day, most of them subconsciously. We can help ourselves by changing our feeding cues: smaller plates, hide the candy, avoid jumbo-size packaging.

Our view? Our Pleistocene brains are programmed to keep eating while the going is good. We need to recreate our ancestral environment where food was hard to find and came in small parcels.

From Page 1

Social Anthropology

Blue-Eyed Paternity

Similarly Laeng found no particular preference by brown eyed men and women for either brown or blue-eyed partners. A brown-eyed couple can legitimately have either blue-eyed or brown-eyed children, so that says nothing about paternity. With very rare exceptions, a blue-eyed couple can only have blue-eyed children (see next month).

Our DNA blueprint contains two sets of genes, one inherited from our mother and one from our father. Our own bodies are built by genes selected from a mixture of the two sets.

The gene for brown eyes is known as "dominant". That is, if your DNA contains one gene for blue eyes (from, say, your father) and one for brown eyes from your mother, then your eyes will be brown anyway. Genes for blue eyes give way to genes for brown eyes, and are known as "recessive".

The only way to have blue eyes is to inherit two sets of blue-eyed genes, one set from each parent. Even if both parents have brown eyes they can give birth to a blue-eyed child provided each parent also carries a copy of the (recessive) blue-eyed gene.

But what about green eyes? We explain that riddle next month!

Laughter the Best Medicine

Blonde's Rapid Transit

A blonde calls Delta Airlines and asks, "How long will it take to fly from San Francisco to New York City?"

The agent replies, "Just a minute."

"Thank you," the blonde says, and hangs up.

Upcoming Events

We wish you all a great festive season. We say nothing about the temptations of Christmas pudding, mince pies and sherry trifle. You are only one meal away from getting back on track!

SUBSCRIBE TO THIS NEWSLETTER!

DOWNLOADABLE BOOKS and other VITAL INFORMATION: www.naturaleater.com
 email: geoffbond@naturaleater.com; **Cancer Support Site:** www.beatcancer.naturally.com
 Tel: +357 99 45 24 68; Skype: gvlbond; fax: +1 360 851 3662

REFERENCES

- Peters, J. "Understanding Domestic Violence Against Women—Using Evolutionary Psychology to Extend the Feminist Analysis." *Violence Vict* 17:2 (2002): 255–264.
- Laeng, B; Why do blue-eyed men prefer women with the same eye color?; *Behav Ecol Sociobiol*; 14 July 2006; DOI 10.1007/s00265-006-0266-1
- Collinge J; Kuru in the 21st century--an acquired human prion disease with very long incubation periods; *Lancet*. 2006 Jun 24;367(9528):2068-74
- Seddon J A; Dietary fat and risk for advanced age-related macular degeneration; *Arch Ophthalmol* 2001;119:1191-1199.
- Green, R; Analysis of one million base pairs of Neanderthal DNA; *Nature*; vol 444; 16 November 2006; 330 - 336
- Institute of Medicine; National Academy Press; Washington, D.C.; 2000
- Golde, David W; Meeting American Cancer Society; March 2000
- Lee SH, Oe T, Blair IA. Vitamin C-induced decomposition of lipid hydroperoxides to endogenous genotoxins. *Science*. 2001 Jun 15;292(5524): 2083-6.
- Herbert et al; Vitamin C driven free radical generation from Iron; *J. Nutr.* 126; 1213S; 1996.
- Podmore; Vitamin C exhibits pro-oxidant properties. *Nature*. 1998 Apr 9;392(6676): 559. PMID: 9560150
- Bravi, F; Food groups and renal cell carcinoma: A case-control study from Italy; *Int J Cancer*. 2006 Oct 20;120(3):681-685; PMID: 17058282
- Hu WT; Cognitive impairment and celiac disease; *Arch Neurol*. 2006;Oct; 63(10): 1440-6.
- Winzenberg T; Effects of calcium supplementation on bone density in healthy children: meta-analysis of randomised controlled trials; *BMJ*. 2006 Oct 14; 333 (7572):775.
- Tucker KL; C olas, but not other carbonated beverages, are associated with low bone mineral density in older women: The Framingham Osteoporosis Study; *Am J Clin Nutr*. 2006 Oct;84(4):936-42
- St-Pierre J; Suppression of reactive oxygen species and neurodegeneration by the PGC-1 transcriptional coactivators; *Cell*. 2006 Oct 20;127(2):397-408
- Wansink, B; Ice cream illusions bowls, spoons, and self-served portion sizes; *Am J Prev Med*. 2006; Sep; 31(3):240-3.PMID: 16905035