**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.naturoleater.com](http://www.naturoleater.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

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**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](http://www.TheBondEffect.com).

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

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**Quote of the Month**

"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)

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 Ötzi 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 cola 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 vegetables 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

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, Creutzfeldt-Jacob disease.

In July 2003 we reported on the Forê, 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, London².

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

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, found 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-

Always consult your doctor before undertaking any health program.
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**

Cocidentally, after our article last month, the flagship scientific journal, Nature, published the latest study on Neanderthal DNA[^4].

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 day[^9].

For example: - Cancer tumors use the excess vitamin C to protect themselves from radiation and chemotherapy[^4] – thus negating the treatment. - Vitamin C megadoses damage DNA in ways that lead to cancer[^5] (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 arrhythmia[^9]. (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[^9]. [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 sewerage 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 quesy 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 confusion[^12]. 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-density[^13]. 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 osteoporosis[^14]. The same was true for diet colas and decaffeinated colas.

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[^4]: Human Pedigree
[^5]: Vitamin C in a Nutshell (3)
[^6]: Good to Know
[^7]: Latest News
[^8]: Food Politics
[^9]: The Bond Effect Newsletter
[^10]: November 2006
[^11]: Latest News
[^12]: Latest News
[^13]: Latest News
[^14]: Latest News
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 only 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 toxins.15

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 anti-oxidants 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 spoon.16

Wansink 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.

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