



## The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

# The Bond Briefing

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Rational, evidence-based comment for an intelligent general public and for all health professionals. Independent of commercial pressure, we say exactly what we think.

**Question of Month:** Magnesium, Alcohol and Cramps. **Spreading the Word:** La Quinta Middle School. **Geoff's Review of Books:** A Woman's Home Health Companion. **Recipe:** Pecan Nut Cake. **Questions:** Stevia Update; **Quinoa:** Unfairly Belittled? Fish Oil Dosage; Gelatin: Good or Bad? Calcium specks/Breast Cancer. **Spreading the Word:** Call for Deadly Harvest Reviews. **Our Evolutionary Heritage:** Make of your Gut a Herb Garden – II. **Future Planning:** London Anti-ageing Conference; USA Tour 2010. **Acknowledgements:** Andrew Haut; Steve Sellin. **Press Announcement:** Geoff Elected to International Institute of Medicine and Science.

### Question of Month

#### Magnesium, Alcohol and Cramps

**Q.** I am a small woman, eat like you say but also drink one or two glasses of red wine with the evening meal.

I suffer muscle cramps and I hear that these might be due to alcohol induced magnesium deficiency. Is this likely? Would it help to supplement?

**A.** I answered this question at length in [August 2004](#). So I will just make some supplementary remarks.

If you eat like we say you will be ingesting far more magnesium than the average westerner. Moreover you will be getting it in wondrous combinations with dozens of other micronutrients. This ensures that they are all working together in harmony.

Magnesium is present in almost everything you eat, from nuts to seafood to colored salads and vegetables.

Exceptionally you can be sure you are eating it. Magnesium is an essential component of chlorophyll. If you are eating green, you are eating magnesium. So eat up your spinach, bok choy, and lettuce. Don't throw away the outer, darkest green leaves – they have the most magnesium!

Researcher Samuel Johnson has published an extremely good summary [Endnote 1].

**Continued: Page 3**

### Spreading the Word

#### La Quinta Middle School



[Last month](#) I reported on talks that Dr Rita Stec and I gave to 3<sup>rd</sup> grade pupils in the Palm Springs area. They included startling pictures like the lady drinking from the udder of a cow ([last month](#)), and of me doing chin-ups ([May 2008](#))

Under the auspices of grade teacher, Tracey Scoggin, the pupils have prepared a delightful dossier, each one relating what he or she learned from us. (See cover above.)

Here is a selection of quotes:

*"I am planting a garden with plums, tomatoes, peas..."*

*"My mom said milk is healthy, I said no, it's not!"*

*"The girl drinking from the cow was gross."*

*"Thank you for telling us lions don't drink milk; that was fantastic for me because milk is creepy."*

*"When you are doing your chin-ups you looked all shiny because you eat healthily."*

**Cont: p 4**

### Geoff's Review of Books

#### A Woman's Home Health Companion - Rita Stec, M.D.

Obtainable from Amazon and [www.AWomansHomeHealthCompanion.com](http://www.AWomansHomeHealthCompanion.com)

[Last month](#), Part I. Now for the second and concluding part.

#### Part II

This book is a handy, easy-to-read guide to achieve these ends. It is aimed at women and is written in a chatty, non-technical language.

Dr Stec makes the important point that women's biology and needs are different to those of men – a distinction that conventional medicine doesn't usually recognize.

For example a woman's heart attack is often misdiagnosed because doctors often use the yardstick of men's symptoms.

In this women's companion, Dr Stec of course deals with conditions that especially afflict women (e.g. breast cancer, osteoporosis and cardiovascular disease) or specifically (e.g. PMS, menopause and endometrial cancer). She extends this to useful guidelines on issues such as birth control, HRT – and even the quality of life before death.

Dr Stec recognizes that it can be a tough business to change behavior, so she provides useful strategies that appeal to a woman, often citing examples from her own battles.

**Continued: Page 4**

## Recipe

### Pecan Nut Cake

**Yield: 12-15 servings (slices)**

5 tablespoons raisins (about 2 ounces)  
 1 tablespoon dark rum  
 5 eggs  
 1 cup almond milk  
 1 tablespoon cinnamon  
 1 tablespoon olive oil  
 2 teaspoons vanilla extract  
 2 teaspoons ground mixed spices  
 2 1/4 cups almond meal (about 8 ounces - more or less depending on egg size)  
 4-6 tablespoons diabetic orange marmalade, to taste  
 1 cup pecan nut pieces (about 4 1/2 ounces)  
 olive oil spray

1. In a small bowl soak the raisins in hot water for about 10 minutes. Drain the raisins, add the rum and mix well. Set aside.
2. In a medium-size mixing bowl beat the eggs with an electric hand-mixer. Mix in the almond milk, the cinnamon, the olive oil, the vanilla extract and the mixed spices.
3. Blend in the almond meal and orange marmalade to taste.
4. Add the pecan nut pieces and the raisins.
5. Spray a square loaf mold (8 x 8- inches), or any other loaf mold, with the olive oil and fill with the mixture.
6. Bake in a hot oven (360°F - 180°C) for about 20-30 minutes. Check the center for doneness.
7. Allow the cake to cool down. De-mold or serve in the loaf mold.

You can savor nearly 100 recipes in Nicole's new cookbook *Healthy Harvest*. [Info](#).



## Questions

### Stevia Availability Update

**Q.** *Is the natural, intense sweetener, stevia, available in the European Union (EU)?*

**A.** No. The EU is still demanding more tests - but they did approve it for use in animal feed!

If you want to buy stevia over the counter you have to go to Brazil, New Zealand, Australia or Japan. The USA allows its sale as a "dietary supplement".

No country has approved it for use in bulk in processed foods - for example to sweeten cola drinks.

For more on stevia, where it comes from, and its possible drawbacks, see [June 2006](#).

### Quinoa: Unfairly Belittled?

**Q.** *In [Deadly Harvest](#), you rate quinoa as bad as wheat and other cereals. Yet I understand that quinoa is not a true grain.*

**A.** Quinoa is a pseudo-cereal and is closely related to species such as beets, spinach and tumbleweeds. It is not a grass seed.

However the drawbacks are similar. It is starchy, glycemic, micronutrient-poor and has anti-nutrients, notably cyanide.

For these reasons, I tar it with the same brush as regular grains.

### Fish Oil Dosage

**Q.** *I bought some fish oil capsules and it says to take 3 a day at 1000mg each - do you think this is too much?*

**A.** No, but...

We only need about 1000mg per day from what we eat, on one condition - that we don't consume more than 1000mg per day of omega-6 oils (mostly vegetable oils like sunflower, safflower, peanut and corn oil).

This is quite hard to do, so we need to even up the odds by

boosting the omega-3 to the same level.

I would prefer you to do this by consuming a portion of oily fish (like sardine, tuna, salmon, herring etc..) every day.

But ultimately, if you choose to do this with fish-oil supplements, that's OK in this case.

### Gelatin: Good or Bad?

**Q.** *What is your take on gelatin - is it made from animals?*

**A.** As a child, and brought up by vegetarian parents, I couldn't understand why they were so disapproving of party jelly (Jell-O).

It was only later I found out that it is extracted from the hides and other parts of slaughtered cattle, pigs etc.

It is actually a protein but not one that is either healthful or harmful. It is useful for thickening various dishes - and that's about it!

Vegetarians can use other gelling agents which are plant-based such as agar-agar and xanthan gum.

### Calcium Specks/Breast Cancer

**Q.** *I have microcalcification in one of my breasts and my doctor says I am therefore at a relatively high-risk case for cancer. I am 50, live in USA, don't have medical insurance and am 6 months overdue for a mammogram. I have followed what you say for the last year, am now very trim and am in good health - so hope I am not too late!*

**A.** First of all: YOU ARE NOT TOO LATE! We live in a world which more than ever thrives on raising anxiety levels (just look at the current pumped-up health scare, swine flu). So I sympathize with your worries over health costs and your feelings of vulnerability.

As I often say to my American audiences, it is a comfort to know that, by following what I say, you give yourself every chance of avoiding the clutches of the health-care industry.

When I say to them: "cancer is optional, you can choose not to have it!", there is visible relief.

Nicole (my wife) used to have a mortal fear of cancer, not least because all her close relatives died of it.

But since meeting me she knows that, by living the way I say, she is doing things quite differently from the lifestyle that killed her relatives.

She has not had a mammogram for several years; she has total confidence that she will never have cancer of any kind, let alone breast cancer -- and she has already outlived her relatives' lifespan by many years.

So you have had a shock: your doctor has said that you are at increased risk. But he is only familiar with what happens to women who live dysfunctional lifestyles and who won't (or don't know how) to change their lifestyle.

If you are living like I say, you are not like the average obese woman living on lard-fried hamburgers!

So it certainly is not too late. By following what I say you will be doing two things: a) controlling calcium deposits (Deadly Harvest, [Chapter 9](#), p 266) and, b) mobilizing your immune system to defeat any cancerous cells that might arise (Deadly Harvest, [Chapter 9](#), page 229)

### Spreading the Word

#### Call for Deadly Harvest Reviews

Help us to get the message out! Post your review of *Deadly Harvest* on [Amazon](#)

### Our Evolutionary Heritage

#### Make of Your Gut a Herb Garden - Part III

[Last month](#) I described how "good" gut bugs battle "bad" gut bugs all the time. Our diet today feeds the bad guys so making us sicker. Now I look at how the good guys help our immune system.

### Inflammation and Auto-Immune Diseases

Dr Yasmine Belkaid at the National Institutes of Health (USA) finds that good bacteria talk to a variety of immune system T-cell called "Tregs". They educate the Tregs into only attacking bad bacteria.

In other words, without this education, the immune system would kill off its good bacteria with friendly-fire. At the same time, the Tregs tweak other kinds of T-cell into redoubling their killing power.

Dr Dan Littman at the NYU School of Medicine, USA, finds that even in the small intestine bacteria have a similar effect on immune cells [Endnote 2]. They regulate the balance between Treg cells and T-helper 17 (Th17) immune cells. Th17 cells encourage inflammation.

An overload of fiery Th17 cells results in intestinal immunity, intolerance, and susceptibility to inflammatory bowel diseases.

Eberl ([last month](#)), Belkaid and Littman show how, by upsetting bacteria regulation of the immune system, we allow inflammatory diseases like Crohn's Disease and Irritable Bowel to take over.

Scientists have linked this phenomenon to many other auto-immune disorders too such as psoriasis, multiple sclerosis, inflammatory bowel disease, and Type I diabetes.

Dr Li Wen, University of Chicago, finds that gut bacteria can actually prevent the onset of Type I diabetes [Endnote 3].

Ironically, Type I diabetes is considerably more prevalent in the West due to over-enthusiastic hygiene, particularly in infancy. As a result, children's immune systems are not sufficiently "challenged" and so do not mature properly.

One consequence of extreme hygiene is that out-of-control killer cells might attack and

destroy the pancreas's insulin cells.

Another consequence is that children are more likely to suffer asthma and allergies. See [September 2002](#).

**Next Month:** *Good Gut Bugs Help Bone Building*.

### Continued From Page 1

#### Question (Cont.)

#### Magnesium, Alcohol and Cramps

In fact it is impossible to second guess how it all works. Even to the extent that supplements are probably ineffective.

Johnson makes the point that magnesium metabolism is tied up in an incredibly complicated way with factors such as intake of saturated fat, caffeine, alcohol – and whether you get enough sunlight.

Moreover, even if you have enough magnesium in the blood (the measure that doctors use) that is no indication as to the level in the muscles and cells – which is where it really matters.

You can refer to Johnson's article on our website. [Link](#)

I have also reviewed two books on the subject:

- Magnesium Solution to Migraines [Sept 2004](#).

- Magnesium Solution to High Blood Pressure [Jan 2005](#)

The conclusion is that we should live like we say (including getting the sunshine!) and don't try to micromanage what's going on. And, oh yes, if you were magnesium deficient, many other symptoms would kick in before cramping starts: loss of appetite, nausea, vomiting, fatigue, and weakness.

It is only as magnesium deficiency worsens that you experience numbness, tingling, seizures, personality changes, abnormal heart rhythms, coronary spasm – and cramps.

**Spreading the Word (Cont.)**

**La Quinta Middle School**

"Bad foods are hamburgers, fries and red meat."

"All vegetables are healthy, such as broccoli, carrots and, I can't believe I am saying this, but brussels sprouts."

"My mom was excited to read your book."

"When I'm told to drink milk, I just put it in the fridge."

I am encouraged that the pupils had a good grasp of good and bad foods. They were surprised to hear about milk and quickly learned to educate their parents.

Children have influenced their parents in other ways too. And we inspired at least one child to plant a vegetable garden.

Both children and parents appreciate the "Book". This is my booklet *Natural Eating in a Nutshell*. The Walter T Stec Foundation donated a copy to every child.

Finally, every child got the message that to look good one has to live good.

Dr Stec and I are programming more classes of this kind when I return to California in February 2010.

**Book Review (Cont.)**

**A Women's Home Health Companion by Rita Stec, M.D.**

Dr Stec gives the patient the tools to take charge of her health. There are check lists of symptoms, tests and vital signs. She has whole segments on physical activity for women,

how to get health-giving sunshine and obtain restorative sleep.

Dr Stec has a crusading streak too. She highlights how food suppliers, pharmaceutical companies, the media and others manipulate us. She shows how to be on our guard and not be influenced by misleading and alarmist propaganda.

She is outraged by this misinformation and by the peddling of unhealthy products and practices, some of which actually receive government subsidy!

She wants physical activity put back in schools and subsidies to tobacco growers removed.

But she has hope too: she gave classes to third graders (see page 1) and found that they are incredibly receptive to healthy-living messages and even influence their families to join in.

This handbook is packed with vital and useable information: every woman should possess it.

See my complete review on [Amazon](#), and on our [site](#).

"A Woman's Home Health Companion" is available: at Amazon [link](#) and: [www.AWomansHomeHealthCompanion.com](http://www.AWomansHomeHealthCompanion.com)

**Future planning**

**London Anti-ageing Conference**

[www.antiageingconference.com](http://www.antiageingconference.com)

Tentative engagements:

Workshop: p.m. Friday Sept 11<sup>th</sup>

Lecture: Sunday Sept 13<sup>th</sup>.

**USA Tour 2010**

S. California: Feb 10 - March 16<sup>th</sup>.

**Listen to Geoff**

[Radio Interview with Rosie](#)

**Acknowledgements**

**Andrew Haut**



Nicole and I were delighted to meet up with Andrew and his wife Debbie on our recent California Tour.

Andrew, based in Bakersfield, has been a great source of comfort, stimulation and support. He is indefatigable in his efforts to spread the word.

**Steve Sellin**

Behind the scenes are many people without whose efficient backroom support, our efforts would be in vain.

Our thanks go to Steve Sellin of Postal Connections, Cathedral City, for his efforts in ensuring that our communications and book fulfillment happen as they should.

**Press Announcement**

Geoff Bond, MSc, MICE, MISE, MIL, MITI, Founding President/CEO of The Natural Eating Co Ltd, has been elected Director/Trustee and International Correspondent of the International Institute of Medicine and Science, Inc. of Rancho Mirage, California [www.fiimas.org/](http://www.fiimas.org/).

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