



## 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.

**Evolutionary Mothering:** Infants Need Fish Omega-3's. **Worthy idiots:** Big Mac with Statin Sides. **Editorial:** Herd Mentality. **Public Event:** Geoff to Speak at Oxford University. **Did You Know:** Dietary Pesticides 99% Natural. **Q&A:** Sunflower Seed; Salt Substitute OK. **Amazing Popular Delusions:** Gallon of Water Kills Mom. **News:** White Button Mushrooms Aid Immune Function; Olive Oil's Helpful Micronutrients; Swedes – Lactose Tolerant Tribe. **Unintended Consequences:** Statins Guilty Secret. **Hints:** Brewed Tea Not Bottled is Best. **Update:** Montignac – Cause of Death. **Book Review II:** The Spirit Level Delusion.

### Evolutionary Mothering

#### Infants Need Fish Omega-3's



Our Pleistocene homeland had plentiful lakes and rivers swarming with fish, shellfish, crabs, prawns and other freshwater creatures. Consequently our diet was rich in the so-called 'fish oils', DHA and EPA.

This is particularly important for infants: they need these fats for building brains, nerves and eyes. After the age of about four, our bodies can manufacture DHA and EPA from the omega-3 oil (ALA) present in plants like Canola (rapeseed). However, infants' bodies are not yet ready to do this: infants are obliged to get DHA and EPA in the diet.

Baby-food manufacturers are now alert to this need: they 'fortify' some of their products with DHA.

Why don't they use real fish? Believe it or not they think that babies will balk at fishy smells.

But all is not lost! Susan Brewer and chums at Alaska University, Fairbanks have developed salmon preparations which: "deliver maximum nutrition in an entrée that's aesthetically pleasing" [1,2].

Of course, all along, many of you mums will have been puréeing salmon (and other oily fish) for your baby.

### Worthy Idiots

*Well-meaning scientists sometimes draw silly conclusions.*

#### Big Mac with Statin Sides



In a most irresponsible and outrageous public health proposal, British researchers say fast food restaurants should give out statins (cholesterol control drugs) with each meal.

"We've worked out that, in terms of your likelihood of having a heart attack, taking a statin can reduce your risk to more or less the same degree as a fast food meal increases it," said Dr. Darrel Francis, Imperial College, London Francis and friends calculated that a statin will "neutralize" the effects of a Quarter Pounder with cheese and milkshake [3].

Francis warbles on: "It would cost less than 5p per customer – not much different to a sachet of ketchup" **Cont: p 4**

### Editorial

#### Herd Mentality

*"Men ... go mad in herds, while they only recover their senses slowly, and one by one."* – Charles Mackay [4].

The founder of 'public relations', Edward Bernays, knew to utilize people's herd mentality to create a stampede in the desired direction. He knew that only a small nudge is sufficient to make it start. **Cont p 4.**

### Forthcoming Public Event

#### Geoff to Speak at Oxford Uni.



#### ILLUSTRATED TALK – OPEN TO THE PUBLIC

**Date:** Weds, November 10, 2010 at 7:30 p.m.

**Title:** Degenerative Diseases Like Cancer, Diabetes, Heart Disease, Osteoporosis are Optional: *Our bodies are designed for life in the Pleistocene. How we know, what is going wrong today, and what we can do about it.*

**At:** E.P. Abraham Lecture Theatre, Green Templeton College, Oxford University, UK. <http://www.gtc.ox.ac.uk/>

**For:** The Speedwell & Wellbeing Trust

**Entry:** Speedwell members: £4.00; Non-members: £6.00. Students: Free

**Reservations and Info:** Mary Perryman: T +44(0)1865-552688 [mary.perryman@speedwellbeing.org.uk](mailto:mary.perryman@speedwellbeing.org.uk)

See also our 'events' page: [www.naturaleater.com/events.htm](http://www.naturaleater.com/events.htm)

### Did You Know

**Dietary Pesticides 99% Natural** 99.99% of our pesticide intake is from what plants make to protect themselves from insects, funguses, etc. Only 0.01% is synthetic pesticide residue [5].

### Questions

#### Sunflower Seed

**Q.** Thanks for your reply on seeds [last month](#). So is it OK to eat sunflower seeds but not sunflower oil?

**A.** Not really. Sunflower seeds are 50% sunflower oil (one of the baddies) and 20% starch. They do contain some useful minerals and vitamins – but, realistically, how many of the seeds can you eat? In the great scheme of things it makes little difference what you do in this case. Personally we never use them.

#### Salt Substitute OK

**Q.** My fiancée eats entirely too much salt. Are there any health risks to salt substitute (potassium chloride) while I try to wean her off of salt?

**A.** The short answer is that the salt substitutes are better than salt itself.

Potassium chloride has a bitter taste and does not have the same saltiness as salt, so salt substitutes are usually a mixture of both.

A Chinese study found that salt substitute (65% sodium chloride, 25% potassium chloride, 10% magnesium sulfate) significantly reduced peripheral and central systolic blood pressure and arterial stiffness [6]

An American study found that following a high potassium diet (target 4 grams per day) and controlled sodium (target 1.6 grams per day) gave good results [7].

How did they bump up the intake of potassium and reduce salt? By putting the subjects on a high intake of fruit, salads and vegetables!

And that is the message: salt substitutes are a help – but most dietary salt comes from processed foods. Cut those out of the diet and replace them with plant food.

### Amazing Popular Delusions

#### Gallon of Water Kills Mom



Jacqueline Henson, 40, from Huddersfield, UK, took her diet plan too enthusiastically and drank a gallon (4 liters) of bottled water in the space of two hours. She developed a headache, went upstairs to the toilet and collapsed. She died in hospital the next day from “brain swelling” [8].

Said husband Brian, “I had no idea that much water could kill someone. Had I known that, I would not have let her drink it.”

**My View?** Just so. The bottled water companies have an ever lengthening list of deaths to answer for.

In the 1980’s, with disingenuous manipulation of official guidelines, they started the myth that we should be guzzling much more water – See “[Drink At Least 8 Glasses Of Water A Day-Really?](#)” [October 2005](#) and “[Hydration Obsessed Culture](#)”, [July 2007](#).

This started the herd-like rush: the message was taken up by the popular press and health professionals everywhere. They didn’t question it: if everyone else was going that way, then they must go that way too.

See Editorial “[Herd Mentality](#)” page 1.

### News

#### White Button Mushrooms Aid Immune Function

For many cultures mushrooms are a delicacy. For others the mushroom is a flavorful addition to a breakfast fry-up or mixed salad.

There is no doubt that fungi in general have been part of the human food supply since the

dawn of time. We might expect, therefore, that the body finds a use for them.

Now a recent study finds an unusual effect: white button mushrooms nourish the immune system [9]. In particular they enhance the maturity of immune cells called dendritic cells which make T-cells - in particular the ‘killer’ type of cell that defends against microbe invasion and cancer growth.

The researchers don’t know what it is about mushrooms that has this effect – but what the heck – it just goes to show that it’s the complete food that counts (see [Doc Rethinks Food/Disease Link](#), [August 2010](#)). It is usually futile to second-guess what is going on with the immensely complex set of busily interacting nutrients.

#### Olive Oil's Helpful Micronutrients

I usually say that olive oil is “OK”, simply because it does no harm.

However, this overlooks a modest benefit from olive oil – its content of ‘good’ plant compounds called polyphenols. These are the famous micronutrients such as flavonoids, lignins and tannins.

Compared to olive oil that researchers had artificially stripped of polyphenols, subjects on virgin, cold-pressed olive oil had less incidence of atherosclerosis and coronary heart disease [10].

It has its effect by suppressing genes which, when overactive, encourage inflammation, fat and DNA oxidation, and other artery hardening processes.

But let’s get this in perspective: this is just a little bonus to add to the much larger amounts of polyphenols you will be getting from all plant sources including fruits, berries, nuts, salads and vegetables.

#### Swedes - Lactose Tolerant Tribe

Modern Scandinavians – in common with other Nordic peoples like the Slavs, Germans and Anglo-Saxons – are unusual

in that a high proportion of them remain lactose tolerant into adulthood.

Genetic analysis indicates that they are all descended from a group of herders who migrated north-west some 3,500 years ago from the steppes of the Ukraine (Deadly Harvest, [Chapter 3](#), p 66).

The question is, who occupied Sweden before the herders arrived – and were they also lactose tolerant?

Sweden's Anna Linderholm and co-workers have studied the DNA of 4,000 year-old skeletons found in Sweden and find that this group of Stone Age hunter-gatherers did NOT have lactose digestion genes [11].

Says Anna Linderholm, "We [Swedes] are simply not descended from this group of Stone-Age people."

This is a confirmation of how, on the whole, agriculture and herding was spread by invasion, colonization and extinction of indigenous peoples rather than by the indigenous peoples taking up the practice.

Mostly, hunter-gatherers thought that the planting and herding life was too much like hard work. For example the Australian Aboriginal was: "wise enough to never adopt agriculture, although he knew about the techniques from visiting Asian fishermen." (*Natural Eating*, [Chapter 3](#), page 40)

So who were these first hunter-gatherer (and now extinct) inhabitants of Sweden? The best guess is that they were descended from a race called "The Beaker Folk" who fanned out over Europe from the Basque area of Spain in an earlier migration wave.

### Unintended Consequences

#### Statins Guilty Secret

Where powerful drugs are concerned I feel we are no better than apes fiddling with the intricate workings of a Swiss watch. We just don't have the faintest idea of the complex,

even chaotic mechanism we are meddling with.

Such is the case with statins, the drugs used to control cholesterol. I allude to this in *Deadly Harvest*, [Chapter 9](#), page 241: "Reducing them [cholesterol levels] with medication, in spite of the promotional hype, has little effect of your dying of a heart attack".

Now a sophisticated analysis of 11 randomized controlled trials (the best sort) finds that statins don't help anyone who already has heart disease [12].

Why might this be significant? Believe it or not, doctors routinely put people on statins simply if they consider them "at risk". Indeed, in UK, doctors have seriously put forward the proposal that everyone over the age of 50 – healthy or not – should be put on statins!

See also *Big Mac with Statin Sides*, (page 1) and *More 'Good' Cholesterol Not Always Good*, [August 2010](#).

### Hints and Tips

#### Brewed Tea not Bottled is Best



As I say in *Deadly Harvest*, [Chapter 5](#), page 133, tea-leaves, whether green or black, are a rich source of healthful micronutrients. They are called 'polyphenols' (see *Olive Oil's Helpful Micronutrients*, page 2)

Ignore the hype about green tea, black tea contains just as many healthful nutrients.

According to Rutgers University chemist Dr Shiming Li, a typical American 2 gram teabag can contain up to 175 mg of polyphenols [13]. The British like their brew strong and their more serious teabag weighs 3 grams, and so contains 50% more.

But what about bottled teas? Li finds that they contain almost no polyphenols whatsoever!

Explains Li: "Polyphenols are bitter and astringent, so to target as many consumers as they can, manufacturers keep the bitterness and astringency at a minimum." (See *'Bitterness Not All Bad'*, [Aug 2005](#))

Li also warns about the sugar content of bottled teas.

**My View?** Tea also contributes to fluid intake, so: enjoy your cuppa! – Just brew it the traditional way.

Previous Tea articles: [Sept 2008](#); [Aug 2007](#); [Feb 2007](#); [July 2003](#).

### Update

#### Montignac: Cause of Death

[Last month](#) I reported on diet guru Michel Montignac's untimely, and unexplained death at age 65.

The Montignac organization quickly hushed the matter up and they removed all mention of his passing on his [website](#).

However, the serious press cites credible sources that Montignac died of prostate cancer [14].

Now we don't actually know how much Montignac followed his own diet, or what his other lifestyle practices were (e.g. physical activity, sunlight, stress control etc..)

Let me just say that prostate cancer is not a surprising outcome considering his diet: rich in cream, butter, cheese, meat and animal fats, yet poor in plant food.

### Geoff's Book Review – Part II

#### The Spirit Level Delusion

FACT-CHECKING THE LEFT'S NEW THEORY OF EVERYTHING  
*Christopher Snowden, Democracy Institute, Little Dice, 2010*

**Continued:** from [last month](#)

... All scientists are human and many have deep-seated convictions. It is natural that they tend to find results that fit their prejudices.

With the scientific method, where all theories are put up for

criticism, the process of retesting and verification homes in on the truth.

In the rigorous sciences like physics and chemistry, this happens quickly and without too much heartache.

However, the social sciences are much more vulnerable to emotional prejudice and absence of rigor. They have suffered terribly from the inability to correct fallacious, politics-driven theories.

For example, social science is only now recuperating from the corrosive doctrines of social anthropologist Margaret Mead ("there's no such thing as human nature").

Her nostrums, epitomized in her 1928 book *Coming of Age in Samoa* (on top of it, now known to be hoaxed), wrought social havoc on generations of western populations. (See *Deadly Harvest*, [Chapter 8](#), p 191)

But Christopher Snowdon, in this book, provides a brilliant and rigorous corrective to the (in my view) intellectually untrustworthy theories of Wilkinson and Pickett.

And that was the only "Darwinian Insight" in the Wilkinson & Pickett lecture

(Spotting the Humbug, [July 2010](#)): that scientific ideas must be exposed to a Darwinian struggle for acceptance. With this evidence the W&P hypothesis should go extinct.

#### Amazon Review

I have posted a more extensive review of *The Spirit Level Delusion* on Amazon.com <http://amzn.to/Bond-spirit-level> and Amazon UK: <http://amzn.to/bond-on-spirit-level>

#### Recipe



No recipe this month. Plenty more in Nicole's cookbook, [Healthy Harvest](#).

#### From Page 1 Worthy Idiots

#### Big Mac with Sides

So this is the mentality that we have to roll back: the delusion that a 'magic bullet'



can quick-fix our dysfunctional eating habits – and statins don't even work! See "*Statins Guilty Secret*", page 3.

Thanks to reader Dave Buhan for bringing this study to my attention.

#### From Page 1 Editorial

#### Herd Mentality

Those who stand on the sidelines (like we do), watching the herd disappear into the distance, can feel uneasy. We have to be confident in the independent direction we have chosen.

It helps to know that, while the herd instinct was useful in our evolutionary past, it frequently operates dysfunctionally today. See "*Herd Mentality*" [January 2008](#).

Moreover, people do "recover their senses" and find us waiting to welcome them back. See "*The Herd Thunders Back*" [March 2008](#).

The tide is turning on the Gadarene rush to water. But it's too late for the Hensons (*Gallon of Water Kills Mom*, p. 2)

[My very thorough editor says the expression 'Gadarene rush' needs explaining for foreign readers.

It refers to the Biblical tale of Jesus where, in Gadara, he cast out demons into a herd of swine and caused them to rush headlong into the sea and drown. Matthew (8:28)]

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