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RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

**Human Behavior:** Men's Cross-cultural Breast Preferences. **Buyer Beware:** Females – Thin Lips out, Pouts in. **Hints:** Lifestyle Sabotage by Entourage. **From the Journals:** Motherhood Sickness Suggests Embryo Quality; Viking Revenge Murder – Lessons; Men's Good Diet Attracts Women; The Crowded Life is a 'Slow' Life. **One More Thing to Worry About:** Titanium Nanoparticles Attack Small Gut. **Healthcare Jungle:** BigPharma Rigs Drug Dosing. **Human Behavior Follow-up:** Volcano Selects Personalities. **Ancestral Health:** Our Living Gut – Part IX. **Spreading the Word:** Bond Paleo Video Clip; Paleo in a Nutshell here.

**Human Behavior**

**Men's Cross-cultural Breast Preferences**



Himba Girl of Namibia

Enlarge: <http://bit.ly/2oYyMO7>

When we look at our close cousins the chimpanzees and gorillas the females do not have enlarged, fat-filled breasts like our women do. Neither for that matter do any other female mammals. So what is their purpose?

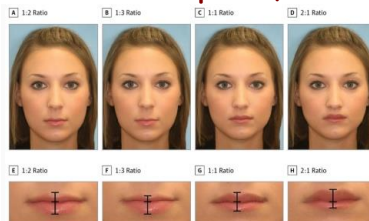
It is thought that sexual selection down the eons by males is responsible. This is supported by evidence showing that women with larger breasts tend to have higher estrogen levels; breast **SIZE** may therefore indicate potential fertility. However, breasts become less firm both with age and with child-bearing, and so breast **SHAPE** could also indicate how much longer a woman will remain fertile.

Is men's preference for breast size and shape just a cultural thing, or is it common across widely differing cultures? Researchers surveyed men's preferences for breast size and shape in four, very different, cultures: Brazil, Cameroon, the Czech Republic, and Namibia [1].

> p. 3.

**Buyer Beware**

**Females: Thin lips out, Pouts in**



Enlarge: <http://bit.ly/2piLF67>  
 The lips on the extreme left are deemed most attractive.

What dimensions might create the most attractive lips in women? A study on faces of white women, the most attractive lips had a:

- a) 53.5% increase in surface area from the original lips such that their area makes up some 10% of the lower third of the face and,
- b) 1 to 2 ratio of upper to lower lip to make a pouting expression [2].

Say the researchers: "We advocate avoiding the overfilled upper lip look frequently seen among celebrities,"

**My View?** There are drawbacks to this study. My suspicions were aroused by the ridiculously precise figure of 53.3% for the increase in lip surface area.

This 'study' was carried out by plastic surgeons (who else!) who clearly know little about the rigor of scientific discovery.

Moreover the results are vitiated by the poor selection of the judging panel. They were entirely undergraduate students aged 18 – 25 years recruited on Facebook. There was no control either of gender. They have no idea whether males had a different opinion compared to females – an important piece of information! > p. 4.

**Hints & Tips**

**Lifestyle Sabotage by Entourage**

When changing one's lifestyle, the people around you, friends, family or co-workers may consciously or subconsciously belittle or undermine your efforts. They make snide remarks about healthy eating habits and say you will quickly relapse into your old habits.

According to one study [3], you can adopt two strategies:

- A)** Help your belittlers "save face," or not feel uncomfortable about your healthy eating habits:
    - a) Tell them about your intentions and rationale before starting the program.
    - b) Conceal the scope of your lifestyle changes for example:
      - i) Eating smaller portions of unhealthy foods at family gatherings,
      - ii) Accepting food from people but not eating it (e.g., taking a piece of birthday cake, but saying you'll eat it later).
  - B)** Find ways to mitigate the discomfort people feel about your lifestyle changes and weight loss.
    - a) Make it clear that you are not judging other people's choices.
    - b) Stress that you have changed your eating habits for health reasons, or to have more energy.
- My View?** The founder of public relations, Edward Bernays said (**Herd Mentality**, [Sept 2010](#) [4]) we are herd animals and the herd feels uncomfortable with mavericks – instinctively it does everything to bring us back into the herd. Us mavericks have to keep stiff resolve and resist the pressure!

### From the Journals

#### Motherhood Sickness Suggests Embryo Quality

Morning sickness is a puzzle for evolutionary medicine. Does it have a purpose?

In my article [Morning Sickness Reverse Engineered](#), [Oct 1999](#) [5], Marjorie Profet suggested that morning sickness is a protection against plant toxins and that it is less likely when starch is the chief food staple. However, a recent study [6] suggests that the absence of morning sickness arises not because starches are safe, but because they are poor in iodine. Moreover, because of this deficiency they can sicken the thyroid gland.

In motherhood sickness an under-active thyroid is linked to lower levels of nausea; an over-active thyroid is linked to more nausea.

The food aversions most commonly linked with motherhood sickness (meat, dairy and seafoods) are also the chief sources of iodine.

Moreover, both too little iodine and too much iodine during early child-bearing damages embryo brain development.

Morning sickness, which reduces the dietary intake of iodine, is clearly the wrong reaction when iodine is already deficient and the thyroid is under-active.

Conversely, higher levels of pregnancy sickness brought about by overactive thyroid may protect embryos from the harmful effects of excessive iodine during early pregnancy by reducing the intake of iodine-rich foods.

**My View?** Forager women don't seem to suffer from morning sickness. Is that because they have optimum iodine intake? Or is it something else? We still don't know enough to pass judgement yet.

#### Viking Revenge Murder: Lessons

I have always been fascinated by The Icelandic Sagas which are an extraordinary account of the challenges facing the first families of Vikings to colonize the empty island of Iceland in the 9<sup>th</sup> century AD.

In fact each 'family' was an extended household which closely mirrors the composition of a hunter-gatherer band.

With no central authority, these intrepid Vikings had to learn how to resolve conflict both within their household and with neighboring households without the benefit of outside law-givers or impartial law enforcers.

In forager societies, murder of an out-group individual invites revenge by the victim's forager band. Those who perpetrate such attacks do so only when their own support network (forager band) is larger than that of the potential victim so as to minimize the risk of retaliation.



#### Don't mess with my family!

Robin Dunbar of Oxford University, UK, found this held with the Icelanders [7]. Killers had twice as many relatives (including in-laws) as their victims.

These findings reinforce the importance of kin as a source of protection even when they are not physically present.

The results also support the hypothesis [8] that in-laws are biological kin because of the shared genetic interests they have in the offspring generation.

Dunbar also found that around 18% of all adult Viking males died in combat against other households. This is in line with the rate of killings in hunter-gatherer societies.

See [Warfare](#), [Chapter 8](#), Page 200, [Deadly Harvest](#) [9].

**My View?** We can be grateful that we have evolved even-handed, third party, law enforcement. But it is such a loss if we lose kin solidarity in the process.

See also: *The Sagas of the Icelanders* [10] in which a team of translators has superbly rendered the poetic Old Norse into modern English.

#### Men's Good Diet Attracts Women

Will this study make you men sit up and eat your greens? It finds that men who eat most fruit and vegetables produce a sweat whose odor is most pleasing to women [11].

This phenomenon is also linked to the men's complexion. The fruit and vegetable eaters also had a ruddy coloring mainly from the high intake of the plant micronutrients called *carotenes*, the pigment most noticeable in carrots.

The researchers observe that we are wired to detect health in persons who have a glowing complexion. See: [High Plant Intake: Healthy Glow](#), [March 2011](#) [12].

Overall, say the researchers, we are wired to detect 'fitness for purpose' in our opposite numbers, and even body odor and complexion can play a role in a woman's selection of who to mate with.

#### The Crowded Life is a 'Slow' Life

During our formative eons in the Paleolithic, our ancestors lived with extremely low population densities – about one person per square mile. Before Columbus, the entire U.S. lower 48 states had a hunter-gatherer population of only one million Native Americans. The same goes for the continent of Australia with its one million Aborigines.

Indeed, it is remarkable that we now manage to live with population densities that are hundreds of times greater than that. It is not, however, without its impacts.

Perceptions of crowdedness cause people to delay gratification and prefer slower, more long-term, mating and parenting behaviors [13]

Why? Evolutionary life history theory predicts that where population density gets crowded, individuals have to compete vigorously with others for the available resources and territory. To be successful they focus more on the future and invest in quality over quantity.

Will higher densities always lead to this slow strategy? No, not when high densities are paired with unpredictable death or disease, people will adopt 'Fast, risky strategies' – living for the present

and steeply discounting the future. See: **Die Young, Live Fast: Evolution of an Underclass**, [May 2011](#) [14].

In a classic study [15] on rats, John Calhoun found that crowded female rats had low fertility rates and high rates of miscarriage and death in childbirth; they had poor nesting and poor parenting.

Males had high rates of sexual deviation, homosexuality, aggression, violence, cannibalism, pathological depression and withdrawal. There were high rates of social disorientation, infanticide and infant mortality. See **Rat Crowding Again**, [June 2003](#) [16]

**Beards and Congestion**

Meanwhile a study finds that men in crowded cities are more likely to sport a beard [17] Why? The researchers find that, in environments of high male competition and anonymity, men need to assert and flaunt their masculinity.

What do the women think? Women's preferences vary wildly around the globe. However, they are strongest pro-beard in crowded low income countries.

**One more thing to worry about**

**Titanium Nanoparticle Gut Attack**

Nanoparticles are also known as 'ultrafine particles'. They are so tiny they can pass through skin.

Ultrafine particles of *titanium dioxide* are commonly used as a whitening additive in many food products from chewing gum to skimmed milk to mayonnaise to bread. They are also in toothpastes and suntan lotions.

This study finds that regular intake of titanium dioxide nanoparticles undermines small gut function [18].

Chronic exposure withered the gut's microvilli. With fewer microvilli, the intestinal barrier was weakened, metabolism slowed and nutrients -- iron, zinc, and fatty acids -- were more difficult to absorb. Enzyme functions were negatively affected and inflammation increased.

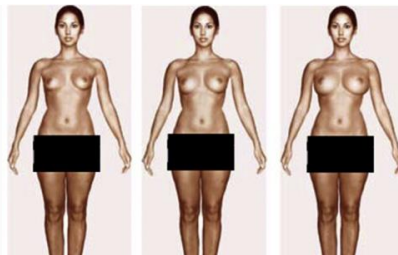
Say the researchers: "To avoid foods rich in titanium oxide nanoparticles, avoid processed foods, and especially candy "

In response to pressure, Dunkin Donuts stopped using titanium dioxide nanoparticles in 2015.

**My View?** On its own, this finding, it is not too troubling. But this is just one of thousands of little pollution challenges we give our bodies to handle. That is the worry: that when all are added together they do undermine well-being significantly. See: **Are Pollutants a Worry?** [April 2012](#) [19].

**Continued from Page 1**

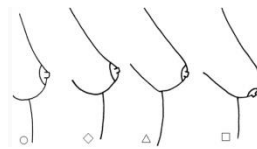
**Men's Cross-cultural Breast Preferences**



Variations in Breast Size

Enlarge: <http://bit.ly/2q7wvOi>

The majority of raters preferred medium sized breast, followed by large sized breasts. All raters in all four cultures preferred firm breasts.



Variations in Breast Firmness

Enlarge: <http://bit.ly/2ooBft5>

The researchers conclude that their results are fully in line with the hypothesis that women's breasts are the result of male sexual selection for both current and future fertility.

**My View?** In my day we had to study breasts at our own expense! But, flippancy aside, on many occasions I have talked about studies which demonstrate that the ideal female shape is largely the result of evolutionary pressures wiring male brains to recognize health and fertility. See:

**Price of Ideal Female Shape:** [June 2011](#) [20]. **Low Female Waist to Hip Ratio Best.** [May 2010](#) [21], and **Fertility Assessment** [Chapter 8](#), p. 215, *Deadly Harvest*.

**Healthcare Jungle**

**BigPharma Rigs Drug Dosing**

Conventional treatment with the anti-prostate cancer drug, Zytiga, costs each patient some \$9,000 per month.

That is because the maker, Centocor, advises taking it after a 2 hour fast and then fasting a further one hour afterwards.

However, a study finds that taking the drug after a low-fat breakfast is just as effective with only one quarter the dose [22]. That means a 75% saving of drug costs, which works out at \$6,750 per month.

In other words, Centocor is gouging its 100,000 patients some \$8 billion in a year. Huge rewards!

But it doesn't finish there: if taken after a high-fat breakfast Zytiga can be up to **17 times** as effective! However, due to high variability of outcome, this strategy is not yet recommended.

**My View?** Health care systems around the world struggle with runaway costs – but the U.S. system is supreme in its ruthless manipulation of legalized monopoly to squeeze the lemon dry.

See: **U.S. Spends Double on Health Care for Less Reward**, [Jan 2017](#) [23].

See also: **Corruption of Health Care Delivery System**, [June 2015](#) [24]. **The Black Hole of Health Care**, [Oct 2015](#) [25]. **The Medicalization of Everyday Life**, [Feb 2007](#) [26]

**Human Behavior Follow-up**

**Volcano Selects Personalities**

In **Personality is in the Genes**, [March 2016](#) [27] I reported on how peasant farmers living on the slopes of a volcano were found to be genetically **MORE** risk averse than normal.

Michel Raymond PhD of Montpellier University, France presented his remarkable, counter intuitive findings at the Evolution and Human Behavior Society 2016 conference.

The full study has now been published [28]. This population maintained a gene variant which affects the levels of the neurotransmitter, dopamine. This, it is conjectured, gives these peasants heightened sensitivity to an imminent volcanic eruption.

**Continued from Page 1**

**Females: Thin lips out, Pouts in**

**>p.1** Finally, it is suspicious that the average woman needs 50% lip enhancement. It all sounds like special pleading for the cosmetic surgery profession.

There might be nuggets of truth in this study but use your critical faculties to pick the bones out of it.

**Ancestral Health**

**Our living Gut - part IX**

*Last month [29] we saw how gut dysbiosis is a factor in Happiness, Sloth, Anxiety, Autism, and Neurotic Behaviors. We continue*

**Cognitive Flexibility**

Both a high-fat and a high-sugar diet, compared to a normal diet, cause changes in gut bacteria that seem linked to a significant loss of "cognitive flexibility" or the power to adapt and adjust to changing situations [ ].

Says Principal Investigator, Kathy Magnusson PhD, of Oregon State University: "Our gut bacteria communicate with the human brain. They release compounds that act as neurotransmitters, stimulate sensory nerves or the immune system, and affect a wide range of biological functions. Fat and sugar are altering your healthy bacterial systems and that is another reason why they are not good for you".

**Next Month: Toddler temper and gut**

**Spreading the Word**

**Bond Paleo Video Clip**



Enlarge: <http://bit.ly/2ptsg3n>

A short (1 min 28 sec) introduction to the Bond Effect Philosophy. Link: <https://youtu.be/0jeMMdDqTx4>

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Talks to private organizations

**NEW BOOK: Paleo in a Nutshell**

Here I am, at the Natural Products Expo, Anaheim, California, on the stand, of my publisher, Square One of New York, announcing the imminent arrival of my new book, Paleo in a Nutshell, with Founder-CEO Rudy Shur.



The book is now in Square One's warehouse. Presold copies will ship shortly. Bookstores a little later

<http://bit.ly/Paleo-nutshell-cover>



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