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# The Bond Briefing

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

**Q of Month:** Need to put on Weight. **Human Behavior:** Co-sleeping with Children. **Evolutionary Lifestyle:** Golf Fights Cancer. **Q&A:** Green Plantain OK? **Hints:** Waist Height Ratio beats BMI. **Human Behavior:** Muscled Men more Militant. Intermittent Fasting Revisited. **Humbug Watch:** NASA calls 'BS' on Gwyneth Paltrow's latest GOOP product. **Letters:** re 'Are Liberals Physically Weak?' **Ancestral Health:** Our Living Gut – part XII. **From the Journals:** Magnesium nixes Depression. **Spreading the Word:** Judge for UK Paleo Competition.

## Question of the Month

### Need to put on Weight

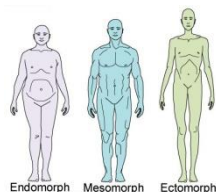
**Q.** My doctor says I need to put on weight. I am 70 years old, female, 5'-1½" (156.2 cm) tall and weigh 6st 12lb (96lb, 43.5kg). What is your view and how should I do it?

**A.** According to BMI, (the least useful measure of weight status – see **Waist-Height Ratio Beats BMI**, page 2) – your BMI is 18.5.

That is at the lower limit of what is conventionally regarded as the healthy range.

However, we know that 18.5 is the **AVERAGE** for a hunter-gatherer – at least for the slender boned ones like the San and Australian Aborigine.

So the first question is, what is your basic body shape? Ectomorph, Endomorph, Mesomorph or some combination of all three? See **Basic Body Shapes**, [Feb 2013](#) [1].



Enlarge: <http://bit.ly/2uUeK77>

Secondly, if you are tending to ectomorph (slender) then you could still be harboring unhealthy internal fat. See: **Slim People Might Not Be as Healthy as They Appear**, [Dec 2006](#) [2].

A much better indicator of weight status is *Percentage Body Fat* and I recommend that you get that tested. If it is below about 15%...

> p 2

## Human Behavior

### Co-sleeping with Children



In a challenge to modern wariness about co-sleeping, Australian researchers assert that sleeping with children from birth fulfills basic psychological needs and reinforces and maintains social relations [3].

They observe that co-sleeping is still the norm in many modern cultures, and among primal tribes. There are good reasons: breast feeding – and consoling infant distress – amongst others[4]. In addition, both mother and child get more sleep [5].

Another pediatrician goes even further: he insists that baby should **NEVER** sleep alone [6].

Quite erroneously, say the Australians, experts focus too much on possible dangers of co-sleeping such as sudden infant death syndrome (SIDS).

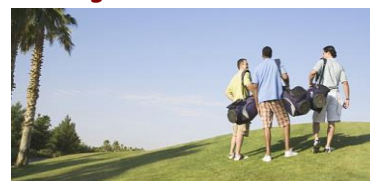
**My View?** Forager babies **ALWAYS** slept with an adult, usually the mother. We can believe that, over the eons, both mothers and babies came to rely on it happening, otherwise things don't go right.

In particular, the most dangerous thing that can happen to a baby is to be abandoned. As soon as he loses physical contact with mom, he is programmed to noisily **PANIC**.

What about conjugal relations? >4

## Evolutionary Lifestyle

### Golf Fights Cancer



In: **Golf Prolongs Life**, [Nov 2008](#) [7], I highlight how a study found that low-handicap golfers (who therefore play frequently) live 5 years longer on average than non-golfers [8].

The reason, as I never fail to say in my talks, is that golfers walk some 4 miles (12,000 steps) in a round, carrying a load (their bag), in the open air (in daylight and, perhaps, in sunshine) and in an environment which, evocative of our ancient homeland, is reassuring and soothing.

Now a cancer charity, Macmillan Cancer Support, persuaded by this study (and many others) promoted a fund-raising golf event where participants played **FOUR** rounds of golf in a day – the longest day – June 21<sup>st</sup>.

**My View?** At last a cancer charity recognizes that cancer is a lifestyle disease and that changes in lifestyle can prevent and regress cancers.

I trust that the money raised – over £1.5 million (\$2 million) – will go into promoting lifestyle changes.

I hope it will not go into the self-perpetuating, cancer-industrial complex's black hole of never-ending investigation into chemotherapy, radiation and other invasive 'fixes'.

## Questions

### Green Plantain OK?



**Q.** You promote green bananas for their 'resistant' starch – what about green plantains?

**A.** There is sparse information on green plantains, yet what there is, is supportive of the principle of treating them the same as green bananas [9].

Since, genetically, plantains are very close to bananas, it is reasonable to treat them on equal terms – until, that is, any evidence comes through to contradict this.

For more on green bananas see:

#### Potatoes & Resistant Starch

Revisited – part II, [Oct 2015](#) [10],

Almond Flour Substitutes, [Jan 2015](#) [11].

#### Green Banana Flour Pancakes,

[Dec 2016](#) [12].

## Hints & Tips

### Waist-Height Ratio Beats BMI

The Body-Mass Index (BMI) is well known to be a flawed measure. For example, a heavily muscled man, like Arnold Schwarzenegger, can have a notionally obese BMI of 30.

So the search is on to find some more reliable measure which can be easily applied either at home or in the doctor's surgery.

First of all, researchers from Leeds Beckett University, UK accurately measured the subject's fat percentage using a precision scanner. Then they compared the results to those given by BMI, Waist-to-Hip ratio, and Waist-to-Height ratio.

They found that Waist to Height ratio gave the most reliable estimate of fat status. You are obese if your ratio is over 0.53 for men and 0.54 for women.

The researchers also checked for the amount of internal gut fat. This is the most dangerous form of obesity, being connected to insulin

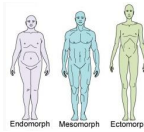
resistance, type 2 diabetes, cardiovascular disease, and death from all causes. See: **Slim People Might Not Be as Healthy as They Appear**, [Dec 2006](#) [13].

You have dangerous stomach fat if your Weight-to-Height ratio is 0.59 for both men and women.

For example, if your waist is 32" (81.3cm) and height 68" (173.7cm) then your ratio is 0.47 – which is safe – or not 'overfat' See: **Most of the World's People are "Overfat"**, [Feb 2017](#) [14].

## Continued from Page 1

### Need to put on Weight



...then you can indeed try to put on some weight. However, it is important that most of it is muscle! To build muscle you need to exercise them hard. Do your squats and push-ups!

In addition, you need to make sure you are getting enough protein. As you get older, you need to boost your intake. See: **Protein in Focus - The Elderly**, [Jan 2016](#) [15].

### Putting on the Weight

If you do need to put on weight, then you do it best by eating more oily fish like salmon, mackerel, herring, trout, and sardines – that will boost calories, omega-3, and protein intake at the same time.

Do not yield to the temptation to load up on pasta and French fries!

## Human Behaviour

### Muscled Men more Militant

In a forager's small-scale society, combat was hand-to-hand. A physically strong fighter would be more likely to survive and bring his clan to victory [16]. So say the veteran researchers of human behavior, Tooby & Cosmides of UniCal, Santa Barbara.

This "ancestral regularity", they suggest, would have left its mark on modern men's psychology: -- more formidable men should be more supportive of conflict.

They tested this hypothesis in four countries: Argentina, Denmark, Israel, and Romania and found that physically strong men were significantly more supportive of military action.

Tooby and Cosmides suggest that these findings support the hypothesis that those today who decide to go to war – and those who fight – are influenced by this ancestral psychology.

**My View:** Is this a 'Just-so' story? Or is there something in this? It meshes somewhat with the study we reported [last month](#) [17]: **Are Liberals Physically Weak?**, but contested by *Steve Heigham*, See **Letter**, page 3.

### Intermittent Fasting Revisited

Taking breaks from eating – for hours or for days – can:

- quench inflammation;
- regress cancers, MS, and diabetes;
- improve glucose control, brain health, mental performance, and immune system function.
- Oh yes, and lose weight.

These observations have given rise to many fasting fads, some of which I have addressed in: **Fasting Diet** (5:2 Diet), [Jan 2013](#) [18] and **Ramadan & Fasting**, [Oct 2006](#) [19].

Some other alternatives are:

**Alternate-day fasting:** "Non-eating" days typically consist of one small meal of about 500 calories.

**Periodic fasting:** Food is avoided for at least 5 days once every month or so.

**Fasting-mimicking diet:** intakes of calories, starches, sugars, and proteins are reduced by some 50% typically over 5 days. Repeat every few weeks.

**Time-restricted feeding:** Ordinary eating is confined to a window of, typically 8, 10, or 12 hours per day.

**Which pattern to choose?** The evidence tells us that you can have all the benefits of 'fasting' simply by restricting your food intake to a window of 10 to 12 hours [20,21,22]. In other words, the 'Time Restricted Feeding' pattern.

See: **Have a Short Mealtimes Window**, [Feb 2016](#) [23].

**My View?** Of course! The term 'Time Restricted Feeding' pattern is just a fancy way of describing the typical daily forager eating pattern.

As I frequently say, to be totally Paleo-conforming it is important to feel hungry on a regular basis. Here it means not eating for, say, 14 hours per day. Since this includes sleep-time, then it is not so onerous. For example postpone breakfast till brunch at 11:00 a.m.

See also: **Meal Size and Timing**, [Aug 2016](#) [24]

**When it's OK to Drink a Gallon**, [Aug 2011](#) [25].

### Humbug Watch

**NASA Calls 'BS' on Gwyneth Paltrow's Latest GOOP Product**



In [May 2017](#) [26], **Gwyneth's Raw Food Diet Fatal?**, we defended her promotion of this particular element of her lifestyle. However we also called her website 'Goop', "full of touchy-feely humbug not actually grounded in what works."

Now NASA has caught her out. *Goop* was selling \$120 "Body Vibes" stickers said to be made from "NASA spacesuit material" and meant to "rebalance energy frequency in our bodies."

"BS" says NASA – and forced *Goop* to remove all reference to them.

Meanwhile, nothing daunted, *Goop* has continued selling this 'BS' product in another guise.

**BUYER BEWARE!**

### Letters

Re [last month](#) [27]: **Are Liberals Physically Weak?**

From: *Steve Heigham, MSc. (Evolutionary Psychology)*. [Info](#) [28].

"The researcher's background is in American style Evolutionary Psychology. Thus, I too, am skeptical as this is too much like explaining that this is an adaptation through genetic mutation.

"In my opinion, it considers too few factors in constructing its research question, such as nationality, socio-economic position, family background, etc.

"This type of research too readily dismisses the hundreds of thousands of years of cumulative cultural evolution and other epigenetic influences on human behaviour and personality.

"In my view, Jeremy Corbyn in UK [and Bernie Sanders in USA – ed] gained popularity because they denounced the iniquities of global capitalism and the élite. They are not seen as whingers because they are physically weak."

**My View?** While science and technology certainly evolve and build on previous discoveries, many observers lament that human nature does not evolve in the slightest!

I can believe this as I sit on the ancient stones of the Paphos Greek amphitheatre and listen to the 2,500 year old plays of Aristophanes, Sophocles and many others.

What they tell of the human condition – of love and hate, of jealousy and forgiveness, of loyalty, and treachery, of honor and humiliation, of lying and deceit, of in-groups and out-groups -- are the stuff of any modern soap opera.

Rather, I think, this researcher was trying to find some deeper programming in the human mind which is a Human Universal. It does chime with other studies which suggest that, in an existential crisis, people prefer leaders who seem physically strong. We shall see.

As for Corbyn & Sanders, they are socialists red in tooth and claw – not your average soft-hearted liberals!

See: **Muscled Men more Militant**. Page 2.

And for those who wonder about women's personal qualities, see: **Female Image-appeal Brands Political Party**, [Oct 2012](#) [29]

### Ancestral Health

**Our living Gut – part XII**

[Last month](#) [30] we saw how *gut dysbiosis is a factor in Gut Bugs and Uveitis*. We continue:

#### Pre-eclampsia

As long ago as 1952, scientists were making the connection between increased consumption of dietary fiber and lower rates of still-births [31].

During WWII the diet pattern in the Netherlands altered as food became scarcer. Bread, before the war, was made from 70% extraction flour; during the war it went up to 95% extraction (that is, it was virtually whole-meal bread); turnips and potatoes became much more prominent in the diet; and in 1944, during the worst period of famine, even linseed meal, tulip bulbs, and sugar beets were eaten.

The fiber content of the diet increased from 1940 to 1944 and decreased afterwards.

Remarkably, in spite of the famine, the incidence of toxemia (pre-eclampsia) *fell* in the Netherlands from 1940 to 1945, but rose again after the war to almost its pre-war level.

#### Antibiotic-caused Diseases

Martin Blaser MD of New York University says that the average child in the United States and other developed countries has received 10–20 courses of antibiotics by the time he or she is 18 years old. Antibiotics kill the bacteria we do want, as well as those we don't.

Early evidence finds that our flora never fully recovers its healthy profile. These long-term changes to the beneficial bacteria within people's bodies increase our susceptibility to infections and disease [32].

According to Dr Blaser, overuse of antibiotics is fuelling the dramatic increase in conditions such as obesity, type 1 diabetes,

inflammatory bowel disease, allergies and asthma, which have more than doubled in many populations. These observations are reinforced by many independent studies.

[Next Month](#) [33]. **Antibiotics and Breast Cancer Link, Tetracycline Zaps Sperm**

### From the Journals

#### Magnesium Nixes Depression

In the past I have reviewed several works which suggest that magnesium deficiency is a major factor in ailments such as migraines, blood pressure and many more. [Jan 2005](#),

As long ago as 2004, I reviewed these books on Amazon: **The Magnesium Solution for High Blood Pressure**, review link: <http://amzn.to/1MiKvJ6> and **The Magnesium Solution for Migraine**

**Headaches**, review link:

<http://amzn.to/1OxUVKS>

Now a study finds that cases of depression can be alleviated with magnesium supplementation [34].

This is good news for the National Health Service which spends a fortune on antidepressants and anti-anxiety drugs.

There is just one more step to take: there is no excuse for magnesium deficiency **EVER** – magnesium is the active ingredient in chlorophyll – just eat up your greens!

**Continued from Page 1**

#### Co-sleeping with Children



... Foragers couples would slope off into the bush, leaving the babies and children in the care of other members of the band – their 'alloparents' (see: **Childhood**:

**Forager Indulgent or Modern Discipline? Part I**, [Sept 2011](#) [35].

### Spreading the Word

**EVENTS:** <http://bit.ly/bond-event>

Talks to private organizations

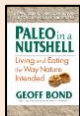
### JUDGE FOR UK PALEO



I will be one of the judges for the British Paleo Awards going to the best Paleo products and writings. <https://ukpaleoawards.co.uk/>

The product judging takes place Mon. Sept 11th 2017, at a country hotel/restaurant, *The Mytton & Mermaid*, near Shrewsbury, Salop. ([www.myttonandmermaid.co.uk/](http://www.myttonandmermaid.co.uk/)).

The executive chef, Chris Burt, is well known and innovative and leans towards low carb and Paleo. More news later!



**Paleo in a Nutshell:** Geoff's latest work encapsulates, concisely and easily, current thinking on living the way nature intended. [www.paleo-nutshell.com](http://www.paleo-nutshell.com)



**Paleo Harvest Cookbook:** Over 170 delicious, Bond Precept conforming recipes [www.paleo-harvest.com](http://www.paleo-harvest.com)

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1 <http://bit.ly/1mJMVXI>

2 <http://bit.ly/2nkhfxv>

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27 <http://bit.ly/2ihEgto>

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