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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

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## Ancestral Eating Patterns

### Eggs not Linked to CVD



Many people mistakenly avoid eggs believing that their cholesterol content is harmful. However, in **The Role of Cholesterol**, *Deadly Harvest*, [Chap 9](#), p. 239, I cited the experience of South African egg-farm workers who consumed an average of 7 eggs a day and had no adverse effect on their cholesterol or CVD status [1]. Indeed, the latest USDA Dietary Guidelines for Americans says "cholesterol is no longer a nutrient of concern". See: **USDA Guidelines 2015-2020**, [Jan 2016](#) [2].

Now a study finds that diabetics and pre-diabetics consuming 12 eggs a week had no effect on their cardiovascular vital signs [3]. >4

### Good Diet Nixes Hearing-loss Risk

Yet another study reinvents the wheel. It finds that people who follow the so-called Alternative Mediterranean Diet (AMED) have a 30% lower risk of developing hearing loss [4]. This AMED diet includes extra virgin olive oil, grains, legumes, vegetables, fruits, nuts, fish, and moderate intake of alcohol. See: **Mediterranean Diet: Fact & Fiction**, this page.

AMED is not Paleo but a lot better than the appalling current American diet. But, as I set out in my article, **Hearing Loss and Diet**, [July 2005](#) [5], BondPaleo is the way to go!

## Human Behavior

### Psychopathic East & West Coasts



*Anthony Hopkins plays psychopath Hannibal Lecter in Silence of the Lambs*  
Professor Ryan Murphy of Southern Methodist University, Dallas Texas has done an exhaustive study on the personality characteristics of the inhabitants of the lower 48 states plus Washington DC [6].

The research is based on the "Big Five" personality traits:

- Extroversion
- Agreeableness
- Conscientiousness
- Neuroticism
- Openness to experience.

Psychopaths are characterized by callousness, inability to feel remorse, and lack of empathy. >3

## Question

### What is the Fish oil DPA?

**Q.** *Is DPA an important omega-3 fatty acid? It's been promoted as more "powerful" than EPA and DHA.*

**A.** After EPA and DHA, DPA (docosapentaenoic acid) is the third most common omega-3 fatty acid in fish oil.

It is not, however, "essential". The liver readily converts DPA into EPA, in which form it serves its valuable ministry. So no, you don't have to concern yourself with DPA – just eat your oily fish and the body sorts it all out.

## Hints & Tips

### Flavonol-rich Cocoa Products



The wonder micronutrients in cocoa bean, the flavonols, are often mostly destroyed in the roasting and Dutching processes. However there are some exceptions and, [last month](#) [7] in **Dark Chocolate Calms Stress & Inflammation**, I promised to set out the chocolate products which, at last testing, retained the highest levels of flavonols [8]. >3

## Briefing

### Mediterranean Diet: Fact & Fiction

I have often spoken fondly of the Mediterranean diet as being a halfway house to our ideal, the Bond Paleo precepts.

But hardly does one speak the truth before knaves spring up to "twist the words you've spoken to make a trap for fools."

That happens in spades with the Paleo diet, see: **Beware the Bogus Paleo Label** [Oct 2016](#) [9].

But it has also happened to the Mediterranean diet too. The original concept was based on the traditional diet in Crete. This has important differences with other Mediterranean countries such as Spain, Italy, France, Morocco, and Greece itself.

But worthy idiots have tried to find some common denominator of **ALL** these countries and it only serves to adulterate the purity of the message. >4

## Questions

### Turmeric and Alzheimer's



*Turmeric root and powder*

**Q.** An agèd parent has developed the early stages of Alzheimer's. I see on the Internet that Turmeric could be helpful. Thoughts?

**A.** Possibly – the active ingredient in turmeric is a “polyphenol” micro-nutrient called curcumin. It has anti-oxidant properties which help reduce oxidative damage in the brain and limit the production of the amyloid plaques which clog up the brain's neurons [10].

Mind you, the doses are large: 400 mg to 600 mg curcumin three times daily. That corresponds to 60 grams (2 ounces) of fresh turmeric root or about 15 grams (½ ounce) of curcumin powder [11,12].

But why bother? Other studies find that a good consumption of blueberries, strawberries and spinach for example are just as effective [13].

However, none of this works – either turmeric or blueberries -- if your parent has bad gut health (which is generally the case in Americans).

The right, healthy, gut bugs are needed to digest and ferment the polyphenols into compounds the body can use [14].

This only reinforces the importance of **PREVENTION** in Alzheimer's. A lifetime of a diet poor in micronutrient-rich plant food is a major factor in developing Alzheimer's in later life. See: **Alzheimer's Disease and Dementia, Deadly Harvest, Ch 9**, page 253 [15].

“A high intake of plant nutrients is critical, because the micronutrients quench brain-destroying molecules like homocysteine and free radicals. Plant food micronutrients include folate, vitamin B12, and antioxidant flavonoids such as resveratrol, quercetin, catechins, and anthocyanins.

“Alzheimer's patients have lower antioxidant levels in their blood than healthy people; they also have

correspondingly higher levels of oxidized fats.”

**Moral?** Get your parent to eat volumes of berries, salads and colored vegetables – just like we say!

Plus, of course, get in plenty of walking and sunshine, and avoid blood sugar spikes.

### Autoimmune Pancreatitis

**Q.** My wife has been diagnosed with auto immune pancreatitis. The doctors prescribe the immune system suppressant, “prednisone”. The side effects are chilling to me.

*Would, say omega-3 in large doses (flax seed oil or fish oil) help? Lots of veggies etc. to reduce Inflammation. Plus reducing wheat, dairy, etc. Is there anything I am missing?*

**A.** Autoimmune pancreatitis, along with most autoimmune conditions, has inflammation as a factor [16].

Without in any way interfering with her doctor's treatment, it certainly makes sense to stack the deck of cards in favor of recovery.

In my view you have put your finger on the main issues. Ensure a massive intake of fish oils, preferably by eating the fish itself. A 6-ounce (175g) salmon steak every day is the kind of dose. In this regard I would certainly favour fish oils rather than omega-3 of plant origin (ALA) such as flax oil.

This is because the body has to convert ALA into fish oil and it struggles to do so, especially in someone who is already sick.

Secondly, yes, remove the allergens in the diet – as you say, grains and dairy. Good luck!

## From the Labs

### “Extreme” Diet nixes Diabetes II

In **We're Not Designed to Consume Sugars, Deadly Harvest, Ch 4**, p. 103 [17] and **Food for Diabetics, Aug 2013** [18]. I recounted how, in 1984, Prof. Kerin O'Dea returned obese, diabetic aboriginals to live a forager life in the Australian bush. Within 7 weeks they had got their diabetes into remission.

So this idea is not new. However, researchers keep rediscovering the wheel. The latest experiment put overweight and obese diabetic patients on a diet of 825-853 calorie

per day for five months [19]. The diet consisted mainly of health shakes and soups.

After this, food was gradually reintroduced and participants were given support to maintain their weight loss, including cognitive behavioural therapy (CBT) and also help to drive up physical activity.

90% of those who lost 15kg (33lb) successfully reversed their diabetes. 57% who lost 10kg (22lb) to 15kg also had complete remission.

Lead researcher, Prof. Roy Taylor of Newcastle University, UK, gushes: “This could revolutionize the way type 2 diabetes is treated”.

He added: “Of course, the reversal isn't permanent if people revert to unhealthy ways of eating – which in most cases would have contributed to their type 2 diagnosis in the first place.”

**My View?** Yes of course. And if Taylor wants enlightenment on the best diet to beat diabetes, he need look no further than **Paleo Diet best for Diabetics, Aug 2015** [20] and, **Paleolithic Diet for Diabetics, May 2016** [21].

Meanwhile Taylor has done something important: how to get people to **ACTUALLY CHANGE** their habits. So he used psychotherapy in the form of CBT. We know to our cost that, for the vast majority of people, it is not sufficient to just give them information. **MENTAL** techniques have to be the handmaiden to education.

### Low Carb Diet nixes Diabetes I

Meanwhile, Dr David Ludwig of Boston Children's Hospital, finds that Type 1 diabetics following a diet extremely low in starches and sugar had exceptional blood sugar control with few complications [22].

Participants consumed only 36 grams of starches and sugar per day or about 5% of total calories. This contrasts with the American Diabetes Association's recommendation of an intake of 45% of calories from carbohydrates.

Participants required lower-than-average doses of insulin and had good insulin sensitivity, low

triglyceride levels and high levels of 'good' HDL cholesterol.

**My View?** Severe starch/sugar restriction is actually a very old treatment for type 1 diabetes which, before the discovery of insulin, extended children's lives for years.

And here we find again that, what amounts to the forager dietary pattern, comes to the rescue.

**Human Behavior**

**Enforcing Social Norms**



Do you feel moral outrage at the sight of someone on a public bus putting their shoes on the seat? If so, would you say something to them?

Some people would... -- but most would say nothing. Psychologist Alexandrina Moïsuc of Clermont University, France wanted to find out the personality characteristics of "interveners" – people who enforce social norms [23].

She found that they are people who score positively for altruism, extraversion, social responsibility, acceptance by peers, independent self-construal, emotion regulation, persistence, and self-directedness. They score low on social dominance and harm avoidance.

To the researchers surprise there was also a strong correlation with one of the Big Five personality types called "Openness to Experience". See: **Psychopathic East & West Coasts**, p. 1.

These are individuals who show general appreciation for art and science, are interested in learning and exploring, are curious, and have unusual, creative ideas.

In Moïsuc's words, all these personality characteristics add up to conformity to the 'well-adjusted leader hypothesis'.

This hypothesis is based on the idea that confronting another person about his or her undesirable behaviour

requires character strength, social responsibility, and the knowledge that one is well accepted by the social environment.

**My View?** The members of a forager band are highly sensitive to the breaking of social norms and react swiftly to sanction backsliders.

Indeed, the internal harmony of the in-group is vital to its survival, so it is not surprising if we still retain the hard-wiring to feel outrage at social-norm breakers.

However today we do not live in closely knit societies and most of people feel inhibited about intervening. Perhaps we should shuck off some of our inhibitions...

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**Flavonol-rich Cocoa Products**

Apart from the stellar quality of **PARLIAMENT CHOCOLATES** of



Redlands, CA, these are test results for USA products as of June 2018

**The Best Chocolate**

- 1 Baker's unsweetened chocolate bar – 100% Cacao
- 2 Trader Joe's Dark Chocolate Lovers bar – 85% Cacao
- 3 Endangered Species Dark Chocolate – 88% Cocoa
- 4 Chocolve Extra Strong 77% Cocoa Content
- 5 Ghirardelli Intense Dark Twilight Delight 72% Cacao

**The Best Cocoa Powder**

- 1 NOW Certified Organic Cocoa Powder
- 2 Hershey's 100% Cocoa Natural Unsweetened
- 3 Trader Joe's Cocoa Powder – Unsweetened
- 4 Nestlé Toll House Cocoa

**Continued from Page 1**

**Psychopathic East & West Coasts**

But they are also extremely good manipulators and deceivers. These



translate into the Big Five traits:

- Conscientiousness - Low
- Neuroticism - Low
- Extraversion - High
- Agreeableness - Low

Murphy finds that these are the most psychopathic USA states in descending order:

- 1 Washington DC
- 2 Connecticut
- 3 California
- 4 New Jersey
- 5 New York

The least psychopathic states are:

- 44 New Mexico
- 45 North Carolina
- 46 Tennessee
- 47 Vermont
- 48 West Virginia

To see the full list, click here:

<http://bit.ly/2ufJaCr> [24]

Murphy opines that it is not surprising to see Washington DC head of the list. Other studies suggest that psychopaths are likely to be successful as ruthless politicians [25] along with their coterie of sharp lawyers, heartless business barons, hard-nosed lobbyists, greedy bankers and so forth. See: **U.S Presidents: Successful Psychopaths, Oct 2012** [26]

Similarly remarks apply to California, New Jersey, New York and Connecticut.

**My View?** Psychopaths have a high success rate in multiplying their genes in subsequent generations. Think Genghis Khan who sired several hundred children, or the rape and pillage of Viking berserkers.

It is probable that a small percentage of psychopaths persisted in forager societies too although we have little rigorous evidence.

However, these traits certainly exist in our closest cousins, the chimpanzees. See: **Psychopaths born that way, June 2010** [27]. See also: **Stepfather Psychopaths**, Jan 2009 [28]

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**Eggs not Linked to CVD**

This chimes with another study which found that just one egg per day

**LOWERED** risk of haemorrhagic stroke by 26%, of CVD death by 18% and of ischaemic heart disease by 12% [29].

All this follows in the wake of many studies finding the same thing [30].

**My View?** Eggs were always part of our ancestral diet. The only caveat: they came from birds which had lived in a state of nature. Battery eggs are a travesty and we should always go for the best quality eggs we can find. Farmyard raised is best, then pasture raised, then free-range, omega-3 rich eggs.



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**Mediterranean Diet: Fact/Fiction**

This is the case of the so-called AMED diet referred to in **Good Diet Nixes Hearing loss Risk**, page 1.

So there are many Mediterranean diets and the mash-up of all of them is just a squalid compromise. That is why, when I report a study which claims to use the Mediterranean diet, I take pains to find out and to report, just what it consisted of.

So, for me, there is only one, true Mediterranean diet – the Cretan Diet, which I talked about in **The Cretans, Deadly Harvest**, [Ch 4](#), p 93 [31].

In this regard, some commentators go even further. They say that many aspects of the Cretan diet have been overlooked [32].

In particular, Yannis Manios of Hariokopio University, Athens, claims

that locally consumed greens (like purslane), herbs, walnuts, figs and snails have been overlooked. Moreover, he claims that these are all good sources of omega-3 fatty acids. I can't confirm the omega-3 content of figs, but on the whole he has a point. Cretan wild plants and other foodstuffs, as Dr Artemis Simopoulos of The Center for Genetics, Nutrition and Health, Washington, DC, finds [33], are much richer in most micronutrients, including omega-3, than the farmed varieties.

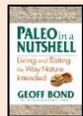
**Spreading the Word**

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

Talks to private organizations.

**LECTURE AVAILABILITY**

Geoff has some availability to talk to all organizations including Lions, Rotary and U3A etc. Contact: [geoff@geoffbond.com](mailto:geoff@geoffbond.com)



**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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