



## The science & art of living the way nature intended

# The Bond Briefing

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

**Evolutionary Biology:** Older people Sexually Active. **Quote:** Lord Byron. **Q of Month:** Einstein's worries re bad genes. **Evolutionary Behaviour:** Children who play adventurously have better mental health; Psychopaths have odd Brains. **Q&A:** Cancer is not genetic. **Spreading the Word:** Website promoting BondPaleo. **News Shorts:** Eggs Boost Heart Health; Mineral Decline in UK's Fruit & Vegetables; Higher Antioxidant levels lower Dementia risk; Diet & ADHD in Children. **Book Review IV:** Hunter Gatherer's Guide to the 21<sup>st</sup>C. **Letter:** Dana Melton.

### Evolutionary Biology

#### Older People Sexually active

In [Natural Eating II, Pre-farming Peoples, Chapter 3](#) [1], page 40, I relate how, in 1904, British army medical doctor Robert McCarrison MD, was astonished by the incredible health of the Hounza people who lived high up in a Himalayan valley. In particular he related how men in their 70s were still procreating. (The women, presumably, were much younger.)

Now a survey in Belgium finds that a third of people over 70 are still sexually active [2].

#### My View?



"Study says oldsters have sex 3 times a month."

"Is that all?"

<https://bit.ly/3RUONzV>

Seriously, in this study, the sexually active oldsters were the ones who had the best health and the least disability.

That is the basic message for all of us: live like nature intended and stay fully functioning to the end – just like a forager!

#### Quote

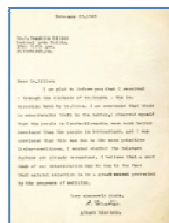
"Always laugh when you can, it is cheap medicine." *Lord Byron, poet.*

### Question of Month

#### Einstein's worries re bad genes

**Q.** *Is it the years of weeding out of rogue genes in primitive societies that lead to their health being superior to ours? (And not necessarily diet and lifestyle?). As long ago as 1945 Einstein worried about how medical intervention was preserving bad genes in the gene pool in a letter to Dr Franklin Millar:*

"I believe that a good deal of our deterioration may be due to the fact that natural selection is to a great extent prevented by the progress of medicine" [3] *Albert Einstein, February 23, 1945*



<https://bit.ly/3Psfh0>

**A.** It is true that, on average, a forager woman would give birth to some six children in a lifetime of whom only two would survive to adulthood. Mostly the deaths would be due to the causes cited in **Cancer is not Genetic**, p2. However, for sure, anyone with a fatal genetic flaw would be 'weeded out' as you say.

Having said that, in today's world, you can still stack the deck of card in your favor. See: **'Bad' Genes Don't Doom Us**, [April 2010](#) [4].

On the other hand, we report on how harmful mutations, particularly affecting mental stability, have been accumulating since the farming revolution: **Evolution of the Gene Pool**, [Dec 2007](#) [5]. >p4

### Evolutionary Behavior

#### Children who play adventurously have better mental health

Children who engaged in play that was "thrilling and exciting," where they might experience some fear and uncertainty, have lower symptoms of anxiety and depression, and were happier during Covid lockdown [6]. Examples of adventurous activities:

- Going for a torch walk in the dark
- Exploring woods alone or with a friend
- Camping out overnight
- Swimming or paddling in a river or lake
- Jumping from a swing
- Trying out new skills on a skateboard, roller-skates or cycling
- Creating obstacle courses inside or outside

**My View?** This is pretty tame stuff compared to forager boys who would be hunting small animals with a bow and arrow – but good enough by the girls' lights. And all this fits in with *Heyling & Weinstein's Parenting & Childhood*, [last month](#) [7]

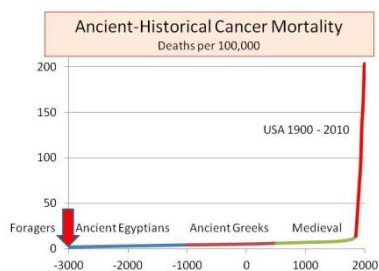
#### Psychopaths have odd Brains

Using MRI scans, researchers found that a region of the forebrain known as the *striatum* was on average 10% larger in psychopathic individuals compared to those who had low or no psychopathic traits.

"The size of one's striatum can be inherited and the brains of such subjects do not develop normally through childhood and adolescence." Having a larger striatum is linked to an increased need for stimulation, through thrills, excitement, and impulsive behaviors. >p4

## Questions

### Cancer is not Genetic



<https://bit.ly/3xTj4px>

**Q.** In your article [last month](#) [8], **Cancer is not Genetic**; you claim that cancer is unrecorded in foragers and virtually unknown in classical times. How do we know? Cancer is hard to diagnose even with modern techniques.

**A.** We were talking about **DEATHS** from cancer and that is what the graph I used (above) illustrates. Deaths from cancer are pretty easy to diagnose and are not easily confused with death from heart attack, dysentery, typhoid or Alzheimer's.

The incidence of cancer in classical times has been well researched [9]. Such studies scour classical sources for mentions of any kind of disease that resembles cancer.

They exist but are very low in frequency compared to other causes of death. These results are reinforced by the study of thousands of Egyptian mummies which find very low incidences of cancer.

On the other hand, the Egyptians were already suffering from a grain-based diet and the incidence of atherosclerosis is considerably higher. See: **Egyptian Mummy Heart Disease**, [Dec 2009](#) [10].

As for deaths among foragers this has been well researched: amongst others the San Bushmen [11], the Hausa [12] and the Australian Aborigine [13].

They all chronicle death from murder, accidents, malaria, infectious diseases (e.g. dysentery, smallpox) – and old age! See: **What do Foragers Die of?** [Sept 2011](#) [14].

But there is no mention of cancer – or for that matter any other of the diseases of civilizations like heart disease, diabetes, Alzheimers or,

indeed, “Iatric Causes” see: **Medical Treatment 3rd leading Cause of Death**, [Jan 2004](#) [15].

Although these estimations are rough-and-ready, they indicate a very low incidence of cancer during pre-historical and historical times.

Be that as it may, we should focus on the steep upward red line on the right-hand side of the graph. This represents the deaths from cancer 1900 to 2000 from an impeccable source: the U.S. Public Health Service [16]. Deaths increased **THREE TIMES** in just 100 years from **64** per 100,000 to **200** per 100,000 in 2000.

This is information that I have presented at medical conferences that include oncologists – and they all nod sagely in agreement – that cancer is mostly a disease of civilization and it can be mitigated by a return to lifestyles that emulate our ancient ancestry.

## Spreading the Word

### Website promoting BondPaleo



Reader Margaret Pettit has been a staunch follower for many years. Most of her career was spent navigating the

Labyrinthine corridors of the European Commission.

Now she is using her inside knowledge and her enthusiasm for eating healthily the BondPaleo way to launch a website: [www.foodhealth4life.com](http://www.foodhealth4life.com).

Says Margaret:

“The website is a general guide for health for those with certain medical conditions and those who just want to remain healthy. The guide focuses on nutritional information of the best foods as well as briefings on particularly good foods.

“Much of this information was passed to the European Commission’s Health Directorate that commended the guide.

“The website also includes recipes from around Europe and, naturally, includes those of Nicole Bond.”

## News Shorts

### Eggs Boost Heart Health

Eggs have always featured prominently forager diets. See **Eggs**, [Deadly Harvest, Chapter 3](#) [17], page 61.

Now a large study on Chinese subjects finds that regular egg consumption of at least one per day, increases level of ‘good’ cholesterol HDL, and 14 other favorable metabolites, whilst those who consumed fewer or no eggs had high levels of harmful metabolites (linked to heart disease) and ‘bad’ cholesterol.

**My View?** Frustratingly the study does not define a) whether these are chicken eggs and, b) whether these eggs are factory farmed, free range, farmyard, or what?

The assumption has to be that they are chicken eggs and factory farmed. In this case this is good news. Good news, since the nutritional profile of factory-farmed eggs is not ideal – so it can only get better with better fed chickens. See: **Getting Omega-3 into Eggs**, [Feb 2012](#) [18].

Personally, I have two boiled eggs for breakfast every day. Where available, they are farmyard ones – see: [Eggs and Why We Should Eat Them](#) [19]. If not they are free-range, omega-3 rich ones.

We also eat duck, turkey and quail eggs on occasion. But foragers had a much wider range of egg intake: ostrich, bustard, wild goose, flamingo... and that’s just the birds. They also ate reptile eggs like those of turtle, tortoise and crocodile. Does this variety matter? Probably not: eggs to be viable all tend to have similar nutritional profiles.

### Mineral Decline in UK’s Fruit & Vegetables

Researchers at Coventry University, UK, examined the mineral content of 28 types of fruit and vegetable as analysed by *McCance & Widdowson* in their **Food Composition Tables** of 1940, 1991 and 2019 [20]. [See **Acid/alkali Balance**, [Deadly Harvest, Chapter 4](#) [21], p. 110.]

They checked seven minerals of which three had significant falls: sodium by 52%, iron 51% and copper by 49%.

Less significantly, magnesium levels fell 10%, potassium by 5% and calcium by 2.5%. Phosphorus actually increased a little.

What is going on? The researchers speculate that growers have focussed on yield without considering nutritional quality. In particular they:

- Use new plant varieties
- Have moved from a traditional (almost organic) cultivation system to an industrial one.
- Use artificial cultivation systems like hydroponics.
- Have soils that are depleted

In addition, in 1940's UK most fruit and vegetables were grown locally, now most are imported.

The researchers point out that several groups, notably teenage girls, already have such a low fruit and vegetable intake that they are morbidly deficient in many minerals and micronutrients.

**My View?** If you are doing as we suggest and having a daily intake of some 1½lb to 2lb [700g-900g] of salads, fruit and vegetables, then you have an intake of micro-nutrients that is still very generous.

In addition, we needn't worry about sodium of which most people take in (as salt) far more than is healthy.

### Higher Antioxidant levels lower Dementia risk

People with the highest levels of the antioxidants *lutein*, *zeaxanthin* and *beta-cryptoxanthin* in their blood were less likely to develop dementia decades later than people with lower levels [22].

*Lutein* and *zeaxanthin* are found in green, leafy vegetables such as kale, spinach, broccoli and peas. *Beta-cryptoxanthin* is found in fruits such as oranges, papaya, tangerines and persimmons. Kiwi and even red wine can be useful sources.

**My View?** We have met *lutein* and *zeaxanthin* before, notably in health of the retina, see: **Macular Degeneration**, [March 2016](#) [23].

We have also met *beta-cryptoxanthin* before in **Breast Cancer II**, [Nov 2002](#) [24]. A deficiency led to a 70% increase in breast cancer.

**Moral?** Eat up your salads, fruits and vegetables like we say!

### Diet & ADHD in Children

According to one study, kids who consumed more fruits and vegetables showed less severe symptoms of ADHD [25].

Researchers believe that ADHD is related to low levels of some neurotransmitters in the brain -- and vitamins and minerals play a key role as cofactors in helping the body make those important neuro-chemicals and in overall brain function.

**My View?** Yes, ADHD sufferers, eat up your plant food! But there are other factors too. See:

**Nature Calms ADHD**, [July 2005](#) [26]; **Sunny Climates Reduce ADHD**, [Dec 2013](#) [27]; **Gluten Allergy and ADHD**, [Aug 2004](#) [28]; **Attention-Deficit/Hyperactivity Disorder (ADHD)**, [Deadly Harvest, Chapter 9](#) [29], p.255.

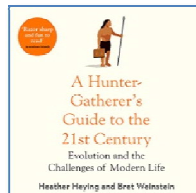
## Book Review – part IV

### Hunter-Gatherer's Guide to the 21<sup>st</sup>C

Heather Heying & Bret Weinstein



<https://bit.ly/3qBqBaf>



[Last month](#) we saw Heying & Weinstein on *Parenting & Childhood*. Now they finish with *thoughts on how "our outsize brains are prone to confusion and misunderstanding."* They go on:

"Attempting to understand humans as an evolutionary phenomenon, as we are doing in this book, assumes that our minds are, behind the scenes, doing a cost-benefit analysis between multiple options with the target of increasing fitness."

"Our [brain's] software is built to maximize fitness, even if our conscious minds have other priorities... But our software [brain]

has a difficult time telling signal from noise... Our intuitive sense of what enhances fitness in the ancestral world does not prepare us well for the modern world."

"Our intuition had a greater chance of leading us to the right choice before the Industrial Revolution – before hyper-novelty was ubiquitous... Novel levels of novelty are a special danger – they require a call on consciousness on a scale never seen before."

"However, our outsize brains are prone to confusion and mis-wiring... We mistake the unlikely for the inevitable; we downplay obvious hazards; we don't understand 'diminishing returns'; we don't foresee 'unintended consequences'; we are having to make trade-offs everywhere."

"Modern economics are obsessed with growth ... and keeping us dissatisfied is the best mechanism to keep us consuming. But we behave destructively to feed this addiction... Our throughput society depends on insecurity, gluttony and planned obsolescence."

These thoughts lead the authors to propose what they call "The Fourth Frontier" where we somehow engineer in our society an indefinite steady state where we stabilize our prosperity at its current level whilst protecting it from decay and collapse.

The authors see collapse as a real risk. All historical civilizations have risen and then fallen. How do we avoid the death ("senescence") of our civilization? We have to **CONSCIOUSLY** build a system of society that is resistant to senescence.

**My View?** Life in the forager band was lived in a steady equilibrium which had evolved and stabilized over thousands of generations.

Today we are holding a tiger by the tail. We have developed into hugely populous civilizations for which our forager instincts and intuitions are simply mismatched.

So we have to **CONSCIOUSLY** strive and devise a way to make our civilization work – survive even.

[Next month](#) [30]: **Conclusion**

## Letter

From Dana Melton, Yucca Valley, CA:

"Your research is amazing and so in-depth. I always like your "My View?" candid comments. Hopefully you have many people who read your #BondBriefing and benefit from all your information – like us!"

## Continued from Page 1

## Einstein worries re bad genes



This finding is reinforced in: **Human Species Brain Shrinkage**, [June 2019](#) [31].

In: **IQ and Good Health are Genetically Linked**, [Nov 2017](#) [32], I reported: "...the closer people's genetic make-up is to "optimal bodily functioning", then the more they are

endowed with both a higher IQ and resistance to disease."

In: **Career Women Will Die Out**, [Oct 2007](#) [33]. I opine: "Modern society mostly defeats the processes of natural selection."

In: **Did you see the film Idiocracy?** [Jan 2020](#) [34] we see a movie imagining a future where people with low IQ out-breed those with high IQ.

Finally, in **Polygamy**, [Deadly Harvest, Chapter 8](#) [35], p212, I write:

"In the Western world, for over 1,000 years now, genes in low-status men have been spread at the same rate as those for high-status men. No one knows what this means for the future."

So, in conclusion, yes, since our forager times, for a variety of reasons, our gene pool has accumulated harmful mutations. Mostly there is not much we can do about it – except to mate with someone who has the highest genetic fitness you can find!

## Continued from Page 1

## Psychopaths have odd Brains

The researchers found that of the 120 psychopath brains studied, only 12 were female.

**My View?** Human societies seem to have a rate of psychopathy that oscillates between some 1% of the population and 5% and averaging at about 3%.

What seems to have happened in forager times is that at 1%, ordinary people become complacent and ignored the psychopaths in their midst until they become so numerous (and disruptive) that at 5% they wake up, gang up, and eject them.

See: **Psychopaths Born that Way**, [June 2010](#) [36]. **U.S Presidents: Successful Psychopaths**, [Oct 2012](#) [37]; **Psychopathic East & West Coasts**, [June 2018](#) [38]; **Stepfather Psychopaths**, [Jan 2009](#) [39]; **"Dark Personalities" to Drive Company Earnings**, [Aug 2021](#) [40].

**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)



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