



The science & art of living the way nature intended

The Bond Briefing

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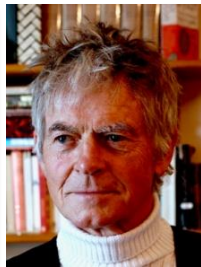


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Evolutionary Biology: Recording #BondPaleo Lifestyle – I. **Fad Diets:** Cliff Richard & Blood Group Diet. **Food Ideas:** Party Nibbles. **News Short:** Design Hospitals for Healing. **Recipe:** Olive Cake. **News Shorts:** Paleo Tartar, Healthier Mouth Bacteria; Mental Health from birds and their song; Soccer, Basketball better than Running for bones and fitness. **Constructive Paranoia:** Docs Used to Promote Cigarettes. **Viewpoint:** Organising Society for an Industrialised World (II).

Evolutionary Biology

Recording #BondPaleo Lifestyle-I



Food Diary [1]

Geoff [2]

Just about every study that examines the relationship between food intake and health suffers from a major drawback: they have a very poor idea of just what people are actually eating and drinking. The researchers mostly use questionnaires, often administered only once a year, and rely on the subjects:

- remembering what – and how much – they ate and,
- being honest and thorough on what they report.

Worse, the studies have to make the heroic assumption that what the subject reports as one day's intake is typical of intake for all the following days until the next questionnaire – which could be up one year later!

In my little way I decided to take the matter in hand. Some eight years ago I decided

- to keep an accurate **DAILY** food and lifestyle diary and,
- to leave my body to science so that the autopsy can reveal, as accurately as possible, the effects of living the #BondPaleo way.

The daily diary featured above is just one day, chosen at random, to show what it looks like. Please don't take it as a standard model. > **p3**

Fad Diets

Cliff Richard & Blood Group Diet



Cliff then [3]

Cliff now [4]

The English pop star, Cliff Richard, 82, has tried many diets over the years and most recently he says he is following the Blood Group Diet [5].

This diet, popularized in the late 1990s, claims that, according to your blood type (A, B, AB, or O), so the lectins in food cause more or less havoc on bodily health. Lectins can be powerful toxins and are notably present in beans and cereals. See **Lectins**, Natural Eating, [Ch 4](#) [6].

'There are 10 things [I can't have],' says Sir Cliff, who is blood type A. He explained. 'I can't have dairy or wheat. No red meat. No crustaceans. No mangoes, papayas or bananas. No potatoes, tomatoes. No aubergine.'

As though this is not enough, he takes 8 vitamins every day and 10 more every other day. He argues that one or two are probably keeping him alive but he doesn't know which ones they are, so he takes them all!

My View? I first wrote about the blood type diet in September 1998 and then properly debunked it in **Blood Group Diet**, [Feb 2001](#) [7].

It is based on a fallacy – that blood groups have arisen recently > **p3**

Food Ideas

Party Nibbles

This is a simple selection for this party season:



<http://bit.ly/3YMfyKc>

Hard boiled organic eggs, anchovy, walnuts, olive cake – see recipe p2.



<http://bit.ly/3PMhsX8>

Palm hearts, cherry tomatoes, olive, cucumber



<http://bit.ly/3GeSQTU>

Smoked salmon, asparagus, olives, cherry tomatoes.

News Short

Design Hospitals for Healing

In **Hospital Design for Humans**, [Nov 2012](#) [8] I focused on the efforts of forward-thinking hospital designers to create spaces more conducive to healing. Their focus chimed with my experience of mission hospitals > **p2**

Recipe

This is a recipe from Nicole's latest cookbook, [Paleo Harvest](#) [9]. Image: see **Party Nibbles**, page 1.

Olive Cake

Yield: 12 servings (slices)

This makes a high protein dish that is suitable to serve as an appetizer or to accompany a main meal. The purist will leave out the cheese.

- 1 can pitted black olives (6 oz, drained weight)
 - 5 eggs, omega-3
 - 1 pinch of nutmeg
 - 1 teaspoon baking powder
 - 1 teaspoon mixed spices
 - 1 teaspoon garlic powder
 - 10 drops Tabasco sauce
 - 3 tablespoons olive oil
 - 2 tablespoons white wine
 - 1¾ cups almond flour approx. (about 6 oz), as required for thickening.
 - optional: 1/3 cup grated Swiss cheese (about 1 ounce)
 - salt (moderate) to taste
 - freshly ground black pepper
 - olive oil spray
1. Rinse the olives under water in a colander. Drain and cut olives in half. Set aside.
 2. Take a medium-size mixing bowl and, with an electric hand-mixer, beat the eggs, together with the nutmeg, baking powder, mixed spices, garlic powder and Tabasco sauce.
 3. Mix in the olive oil, white wine and almond flour. Blend until smooth.
 4. Using a fork, stir in the olives and cheese (optional). Season with salt and pepper to taste. Be frugal with the added salt. There is already a lot of salt in the olives (even rinsed) and the cheese.
- The mixture should have the consistency of a very thick soup.
5. Spray a loaf mold (e.g. 9" long, 5" wide, 3" high) with olive oil and fill with the mixture.
 6. Bake in a hot oven at 340°F (170°C) for about 50-55 minutes.

Check the center of the dish for complete doneness. (If on fan heat, cook at 320°F - 160°C, for 45 min.)

Recipe: <http://bit.ly/3hRkYmQ>

News Shorts

Many thanks to reader Dr. Joe Thompson, Palm Desert, CA, for bringing this to our attention [10].

Paleo Tartar, Healthier Mouth Bacteria



<http://bit.ly/3GfO6O4>

Neolithic Farmer Tooth Tartar [11]
The region of Apulia, Italy, has been host to human populations since 30,000 years ago (during the Paleolithic age). This was also the height of the last Ice Age. Researchers have been able to study [12] the DNA of bacteria in dental plaque on the teeth of individuals from that time all the way through the transition to agriculture which (thanks to migrating peoples from the Fertile Crescent) started around 6,200 BC. Researchers found that, with the beginning of the shift from foraging to farming ("the Neolithic Transition"), species of bacteria in the mouth that were rare during the Paleolithic became much more common. These were disease-causing bacteria including, *P. gingivalis*, *Olsenella* sp., *Parvimonas micra*, *Desulfomicrobium orale* and *Filifactor Alocis*. Such bacterial species and others cause periodontal disease, affect connective tissue and trigger immune system dysfunction. *P. gingivalis* has also been linked to cardiovascular disease, diabetes, Alzheimer's, and with messing with gut bacteria [13]. Interestingly, these studies were able to identify changes in diet as the farming revolution progressed. Animal and seafood protein intake

decreased whilst vegetal protein and starches increased [14].

Moreover, towards the end of the Transition, there was a reduction in the **VARIETY** of cereals and legumes and an increase in drought-tolerant plants (e.g., barley and 'heritage' einkorn wheat) [15].

This change is linked to two dry climatic phases that affected South Italy during 4500-4000 BC, and during the transition from the neolithic age to the copper age from 4000-3500 BC.

My View? Studies on ancient plaque have been going on for some time. See: **Food & Ancient Plaque Bacteria**, [April 2013](#) [16].

But this study brings a new aspect: the identification of the bacterial species by genetic analysis of their DNA.

Even so, the basic message is the same: live Paleo for optimum oral health!

See: **Periodontal Problems**, [Sept 2007](#) [17]; **Tooth & Gum Health**, [Dec 2020](#) [18]; **Tooth & Gum Health Revisited**, [Nov 2021](#) [19]; **Your Jaws are what you Chew**, [Aug 2011](#) [20].

Continued from Page 1

Design Hospitals for Healing

... in upcountry Africa. The designers emphasized the provision of accommodation for family to come and live with the patient "and enhance involvement in the healing process." -- and, oh, they provide bigger windows too.

Now, researchers from Michigan University looked at nearly 4,000 patients who had 13 high-risk surgeries over three years [21].

The study found that patients were 20 per cent more likely to die if they were given a room without a window. And after just 30 days, they were 10 per cent more likely to die.

Say the researchers: "Sunshine stimulates the brain's release of serotonin, which leaves patients in a better mood and help them feel calm. Sunlight reduces blood pressure and improves sleep quality. Patients with access to natural light reported less distress and pain, and needed fewer painkillers.

Previous research found that patients with a bed near the window stayed for less time in the hospital, compared to patients with a bed by the door.

My View? Hospital beds without windows? This is another argument for living well and doing your utmost to avoid falling into the clutches of the medico-industrial complex! See: **The Human Zoo**, [Dec 2005](#) [22]; **Healthy Urban Living: Reconnect with Nature**; [Feb 2017](#) [23]; **Lightness of Being**, [Jan 2006](#) [24].

Mental Health benefits from birds and their song

Seeing or hearing birds is associated with an improvement in mental wellbeing (including depression) that can last up to eight hours. So finds a study from King's College, University of London [25]. Says researcher Jo Gibbons: "This exciting research underpins just how much the sight and sound of birdsong lifts the spirits. It captures intriguing evidence that a biodiverse environment is restorative in terms of mental wellbeing. That the sensual stimulation of birdsong, part of those daily 'doses' of nature, is precious and time-lasting."

My View? This reinforces the view that alienation from nature is deeply worrying for the human psyche. We have written frequently about the importance of being embedded in the natural environment for our mental well-being. This study is the first that makes the link with birdlife.

Soccer, Basketball better than Running for bones and fitness

In **Racquet Sports best for staying alive**, [Sept 2022](#) [26], we reported how 'multidirectional sports' work out the full variety of bodily and mental features and are an improvement over 'unidirectional sports' like running.

Now football (soccer) and basketball are getting in on the act.

A study finds that adult runners suffer less bone and muscle injury if, in their youth, they indulged in multidirectional sports like soccer and basketball [27].

My View? Most of forager exercise was indeed some walking and little running. On the other hand, they

were ducking and dodging over bushes and obstacles, digging and hauling out tubers, butchering antelope with stone knives, climbing trees, crawling down warthog burrows, and dancing all night.

Their children partook in most such activities as well as having their child games like playing "catch".

So perhaps, all told, they were participating in 'multidirectional activity' and we would do well to do like the study suggests.

Constructive Paranoia

We have to stay sceptical even when there is a 'scientific consensus'. Groupthink can easily overpower minority views which yet prove, in the end, to be correct.

Docs Used to Promote Cigarettes

Only in living memory, cigarettes were regarded as harmless or even helpful to patient recovery. To be fair, an unscrupulous tobacco industry had thoroughly suborned the medical profession.

This 1950s photo shows nurses offering a patient a selection of cigarettes to choose from.

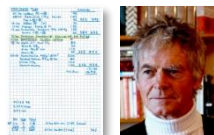


<http://bit.ly/3FU1QMO>

Evolutionary Biology

Continued from Page 1

Recording #BondPaleo Lifestyle



For example it doesn't include meals outside the home. For food prepared in the home just about everything is weighed and described. When it comes to restaurants, I often carry a pocket scales and weigh the important elements of the meal. Sometimes restaurants publish nutrition details – although, since we frequently negotiate adjustments to

the ingredients, I have to take account of that too.

In the worst case, I just have to make an 'eyeball' assessment of weight and content. Over the years I have become expert at it.

In addition to food intake, the diary also records bowel movements, physical activity, weight, calorie balance, heart rates, and any other event which might have a significant impact on health (such as vaccinations).

All this represents a massive base of raw, but accurate, data.

The hope is that some future researcher can analyse it for intake of, for example, proteins, fats & oils, 'fermentable carbohydrates' (starches and sugars).

They can estimate 'very complex carbohydrates' such as salads, low-sugar fruits and non-starch vegetables.

They can check intake of micro-nutrients: vitamins, minerals, and phyto-chemicals (from plants) such as carotenes and flavonoids, see:

Flavonoids as Vaccines, [Oct 2008](#) [28] and **Antioxidant Deficit/Age-related Macular Degeneration (AMD)**, [Aug 2018](#) [29].

They can also check out links with, for example, physical activity, BMI, and heart rates.

Next month: Part II – Diving a little deeper into each of these topics:

Fad Diets

Cliff Richard & Blood Group Diet



... in human evolution. It's not the case – blood groups have been around in our ancestors for millions of years. They are even present in chimpanzees and gorillas.

Indeed there is absolutely no evidence that this diet has any healthful effect [30]. Except, that is, by accident. Sir Cliff is surely doing some good by excluding dairy and wheat!

What would our ancestral foragers think? They had no idea what their

blood group was and so were certainly not making food choices in accordance with any such notion. But we do applaud Cliff for not having an unhealthy fanaticism about his diet. "I might have a steak four times a year – you have to plan your sin."

Viewpoint

Organising Society for an Industrialised world (II)

Who wants to return to the drudgery and insecurity of peasant farming? So what factors came together in England to trigger the Industrial Revolution and how do we nurture it? [Last month](#) [31] we looked at how the English Laws of Inheritance freed up property for change of ownership and conversion into cash. Now it is the turn of:

The Common Law: There is a wry joke that says: "In England everything that isn't forbidden is allowed; in France everything that isn't allowed is forbidden."

But there is a kernel of truth in this witticism since it applied not only to France but also to most of the rest of the world.

Foreign observers remarked on how this wide-ranging freedom of the individual in England released entrepreneurial activity. The French historian and philosopher, **Montesquieu**, wrote in 1729: "I am here in a country [England] which hardly resembles the rest of Europe"; and in his 1748 book **Spirit of the Laws** [32]: "England is a trading nation as a result of its freedom from restrictive laws and 'pernicious prejudices'; and that: "The Legal system and customs in England were peculiarly favourable to individual liberty."

Another Frenchman, political philosopher, **Alexis De Tocqueville**, in his highly perceptive and insightful 1835 book, **Democracy in America**, was astonished to find that the Americans [in their English tradition] could freely set up clubs, societies and charities without first applying for a permit!

As Oxford-educated historian Daniel Hannan observes [33], English people, under a system of Common Law that had grown organically, case by case, since the 'Witan' assemblies of Saxon times, had an ingrained distrust of unlimited

authority (whether king or dictator) who might seek to impose their will from the top down.

In 1215, they brought King John to heel with the Magna Carta ("The Great Charter of Freedoms"), in 1661 they beheaded King Charles 1st who tried to impose the 'Divine Right of Kings' – and then, in 1690, they banished (to France) his son, James II, who tried to do the same thing.

In other words, as Sir John Fortescue, chancellor to Henry VI, and exiled to France in 1461 noted that in France: "Roman (Civil) law is imposed down from the absolute monarch to 'subject' peoples; England, is a limited monarchy based on the voluntary acquiescence of the people, and where the king himself is bound by the same Common Law as his countrymen."

In conclusion, the English academic and philosopher Sir Roger Scruton (1944-2020) observed: "The English law existed not to control the individual but to free him." [34].

Next month: Part III - **Individual (not group) responsibility.**

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



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11 Credit: Andrea Quagliariello

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