



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

Putting Paleo into Practice: Harris Family Update & Tips II. **Ancient Paleo-nutrition:** Star-lily Tuber fed early humans. **Improving on Nature?** Some HRT reduces Breast Cancer. **Cancellation:** Oxford Lecture: April 1, 2020. **Q&A:** Covid-19 – Food Reserves; Surviving Covid-19; Childhood Obesity – Genetic? **Book Review III:** Stonewyldre Novels. **Hints:** Diet – Keep the Rules Simple. **News Flashes:** Eggs not Linked to CVD; Soil Bacteria nix Allergens; Soybean Oil Undermines Brain. **Ancestral Sleep:** Sleep in Cool Bedroom. **Viewpoint:** Epidemics in Perspective.

Putting Paleo into Practice

Harris Family Update & Tips II



Adele and Peter Harris

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

Last Month: we heard from Peter Harris of Melbourne, Australia. As a follower for over 15 years, he and his wife, Sarah, have accumulated much practical experience in the challenge of raising their children Adele and April the Natural Eating way. This is a selection of the strategies the parents have evolved:

1. Lead by example (this is essential, not an option).
2. Whether they are babies, toddlers or kids, be prepared to be persistent over time to grind them into submission with good habits and real food. The early years do pay off.
3. Being a 'friend' to your kid is nice, but being the parent is the most important thing to do.
4. Don't starve them entirely of pleasures such as garbage treats – it can be a reward for good work or behavior and a weekend thing.

And this is how the Harris's might get through a typical day:

> p 3

Ancient Paleo-nutrition

Star-lily Tuber Fed Early Humans



Electron micrograph of fossil tuber

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

Border Cave in South Africa has yielded over 60,000 artifacts dating from Paleolithic times.

The latest finds are the remains of intact tubers. Normally vegetable matter rots away in days but, thanks to their being roasted and then lost in the ashes of the fire, these tubers survived some 170,000 years.

Researcher Lyn Wadley identifies the tuber ("rhizome") as "*Hypoxis angustifolia*", commonly known as the Star-Lily. These plants are ubiquitous throughout Paleolithic times and are widespread in Africa today.

Wadley suggests that this tuber was an important food source for hunter-gatherers ever since.

The star-lily tuber resembles a woody, stringy carrot – much like the typical forage tuber I talk about in **Forager Tubers**, [July 2012](#) [2].

Some 40% to 80% of forager tubers consist of inedible fiber which is usually spat out. See: **Indigestible Fiber Intake**, [Aug 2011](#) [3]. Even so, these tubers are a rich matrix of dietary fibre (soluble, insoluble > p 4



Star-lily [1]

Improving on Nature?

Some HRT REDUCES Breast Cancer

Contrary to previous alarms, a study finds that Hormone Replacement Therapy (HRT) has **NO EFFECT** on the risk of breast cancer and, for women who have had hysterectomies, it actually **REDUCES** the risk of breast cancer [4].

The chief proviso is that the HRT is limited to estrogen only and not the combination of progesterone with estrogen.

Apparently many women undergo hysterectomies just so that they can take HRT with less risk.

My View? Menopausal forager women had neither estrogen pills nor hysterectomies. They just accepted the transition to their new biological role of 'grandmothering'. See: **Evolution of Menopause**, [June 2017](#) [5].

However, it is understandable if menopausal women wish to profit from the advances of science and thereby second-guess nature.

HRT helps not only with the flashes and other symptoms of menopausal transition but also with bone health, hair loss, wrinkle control, and with libido. Memorably, doing a U-turn on her earlier anti-Pill activism, pioneer feminist Germaine Greer said she started HRT at the age of 65 to make her "penetrable" See: **Paleo Halts Cognitive Decline**, [Aug 2018](#) [6]

CANCELLATION

PUBLIC LECTURE: April 1, Oxford, UK

We regret that the lecture scheduled for Weds April 1, 2020 at Oxford University has been **CANCELLED** (victim to Covid-19)

Questions

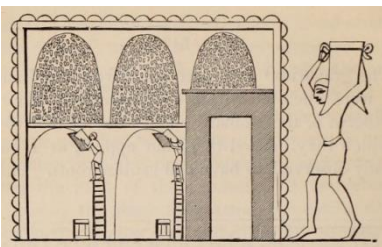
Covid-19: Food Reserves

Q. People are stocking up on health sapping items like pasta, rice, baked beans, and dried pulses. What is your advice? I've got dried fruit, nuts, and ground almonds so far.

A. Interestingly people are opting for the very products – grains and beans – which enabled the first farming peoples to survive famines – famines that were due, indeed, to the farming way of life itself.

Grains and beans were not only the 'staples' of the farming communities, they are "Famine Foods" that can be stored for many years in case of need.

The ancient Egyptians were renowned for their practice of preserving grain in years of plenty against years of scarcity.



Egyptian Granary, Thebes [7]

<http://bit.ly/2U01Q7j>

Credit: Sir John Gardner Wilkinson

As we've said many times, foragers don't suffer from famines and don't store food. However dire the situation, they always have back-up foods available. See my Amazon review of "The Dig Tree" about the ill-fated 1860 Burke & Wills expedition in the Australian desert where wandering aborigines saved the last surviving European from starving to death: <http://amzn.to/2pObMfY>

But, today, we are where we are. Accepting that we are incredibly vulnerable to a breakdown in the food supply chain, what is best for a Paleo practitioner to stock up on?

I grew up in WWII rationing when fresh produce like apples, plums, cherries, strawberries, cabbage, cauliflower, turnips, and runner beans were freely available – in season.

Depending on where you live, we have to hope that market-garden produce like that will continue to be available.

Anyway stock up on the frozen versions even if your freezer has small capacity.

Meanwhile, your dried fruit and nuts are a good start. Otherwise canned/jarred goods like tomatoes, sardines, mackerel, herring, roll-mops, and salmon are good.

My View? This pandemic crisis is a savage wake-up call. If it results in us on being more self-reliant, more self-sufficient, and eating more local, then this experience will be worth it. See next article and **Viewpoint**, p 4

Surviving Covid-19

Q. What can I do to survive Covid-19?

A. Some authorities predict that we will **ALL** get infected in due course. It is fortunate that, for the vast majority of people, it will pass off relatively benignly with flu-like symptoms.

Our only defense is our **IMMUNE SYSTEM**, so it is vital your immune system is tuned up and humming along with top efficiency. Naturally, the Paleo way of life is the way to go. Here are the main measures, adapted from: **Ways to Alleviate Immune System Dysfunction**, [Deadly Harvest](#), [Ch 9](#), p. 250 [8]

1. Eat a strictly low-glycemic, low insulinemic diet: eliminate starches and sugars.
2. Eat a diet heavy on non-starchy, micronutrient-rich, plant food: load up on salads, fruits, and vegetables.
3. Have a conforming fatty acid profile: eliminate saturated fats, sharply reduce or eliminate omega-6 oils; focus on omega-3 oils..
4. Have a low plant poison intake: avoid grains, legumes, and potato.
5. Have a low antigen (allergen) intake: avoid grains, legumes, and dairy.
6. Be hungry some of the time and have a low percentage of body fat.
7. Maintain good colon health.
8. Get the right amount of physical activity.
9. Get sufficient exposure to sunshine.
10. Do your best to avoid unnecessary stress
11. Work on a good sleeping pattern.

Oh, and yes, don't smoke – and drink responsibly...

Childhood Obesity - Genetic?

Q. What do you make of this medical video on childhood obesity? <http://bit.ly/2VO1lyk>.

*It features a five-year-old girl "Lil" who, at 7 stone (98 lb, 45 kg) is **DOUBLE** the weight for her age. The medical team diagnosed that her satiety gene is not switched on, such that she feels starving all the time.*

A. Such a thing can happen. The question is why? Far be it for me to pronounce on the flimsy evidence of a 5 minute, emotive pop-video.

However it is possible to surmise a little. First of all we see that the mother is obese too. That leads to two thoughts:

a) Bad Habits: the mother has bad habits which she has transmitted to her child. This is by far the most common reason for childhood obesity. However in Lil's case there seems to more going on...

b) Epigenetics: This is the phenomenon where dysfunctional lifestyle can switch genes on or off in ways that nature did not intend. See: **Epigenetic Effects - part I** (general principles), [Aug 2017](#) [9]

This can happen in the womb and in this case there is an obvious gene-altering factor – the mother's obesity. See: **Epigenetic Effects - part IV** (obesity) [Nov 2017](#) [10].

But these genetic modifications can go back more than one generation, and even the father's habits can have an effect. See: **Ancestor's Lapses Visited on Us**, [Dec 2010](#) [11].

Finally, genetic modifications can also happen in the early years of the child's life: See **The 'Nested' Human**, [Dec 2017](#) [12]

"Early life is when a host of epigenetic developments happen, when genes get switched on an off according to the lifestyle and social pressures acting on the child. It is crucial that these happen in a way that nature intended."

My View?

It certainly seems from the video that "Lil" has extraordinary hunger cravings, and we have to trust the medical diagnosis of a genetic origin.

So it seems that Lil is the unfortunate victim of an unlucky combination of genetic events triggered by lifestyle errors in her mother and possibly father and ancestors.

The danger here is in thinking that genetic malfunction explains the massive rise in childhood obesity. On the contrary this was debunked in: **Genetically Wired for Obesity? and Is Obesity Optional?** [March 2016](#) [13].

As an aside we see that most of Lil's medical team is obese too. What sort of example are they showing her?

Book Review (part III)

Stonewyde Novels by Kit Berry Gollancz, 2011 [14]

From [last month](#).
Continuing the review of novels about a community of villagers still living the way of life led by their Celtic-Saxon ancestors.



Berry's villagers were also deeply in tune with the moon. The mysterious eerie light induced a magical spell. Its phases triggered the observance of many tribal rituals.

This is primordial. Indeed the moon (and its phases) was a major factor regulating foragers' lives too. See: **Moonstruck Sleep**, [Aug 2013](#) [15] and **Menstruation Mysteries**, [Jan 2010](#) [16].

Kit Berry evokes a special sense of moonlight enchantment that speaks to our most primal psyches and that is missing from our lives today.

How many of us have, like Coleridge, taken comfort in "silent icicles quietly shining to the quiet Moon." [17]

Or Keats in a reverie transported by a nightingale's song and musing that: "tender is the night, And haply the Queen-Moon is on her throne, cluster'd around by all her stary Fays"? [18] More [next month](#):

Hints & Tips

Diet: Keep the Rules Simple

The more complicated a diet is, the more dieters will give it up. [19].

What about Bond Paleo Nutrition? It can be summed up as follows:

- . Good Plants – Plenty
- . Good Animal Matter – Some
- . Starches, Sugars, Beans, Dairy, and Bad Fats – Avoid.

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Harris Family Update & Tips II

"Common and ordinary supermarket fruit and veg can form a lot of the bulk of a Natural Eater.

Fruits and a chia porridge in and through the morning;

A large salad at lunch;

Carrot/celery and nuts as an afternoon snack;

Dinner to finish.

Generally: meals don't have to be overly fancy or tricky with difficult recipes comprising inaccessible or expensive ingredients.



News Flashes

Eggs not linked to CVD (again)

Just in case you doubted the message, dear reader, yet another study finds that there is **NO** connection

between egg-eating and cardiovascular disease [20]. Indeed, it found that, in Asian cohorts, there was a small **REDUCTION** in CVD. In other words, the cholesterol in eggs is, to quote the USDA: "not longer a nutrient of concern" [21].

My View? As I say in: **Eggs not Linked to CVD** [June 2018](#) [22]:

"Eggs were always part of our ancestral diet. The only caveat: they came from birds which had lived in a **STATE OF NATURE**.

"[Factory-farmed] battery eggs are a travesty and we should always go for the best quality eggs we can find.

"Farmyard-raised eggs are best, then pasture-raised, then free-range, omega-3 rich eggs.

This study is one of the better 'Population' studies, since it sampled massive multiethnic cohorts from several continents. It was also careful to point out the flaws in a 2019 Northwest University study [23] which suggested the opposite.

For the inside story on Population Studies', see: **Population Studies: Finding the Specks of Gold in the Mass of Dross**, [Sept 2018](#) [24].

Soil Bacteria nix Allergies

During WWII, Finland ceded a large swath of territory, Karelia, to the Soviet Union. Since that time, the Finnish side became modernized, while Finns on the Soviet side maintained a traditional lifestyle.

Today, the prevalence of allergies on Finland's side of the border is significantly **HIGHER** than that of Finns living on the Russian side.

Asthma, hay fever, eczema, rhinitis, as well as atopic sensitisation (exaggerated immune response), were thrice to 10-fold more common in Finnish Karelia, as compared to Russian Karelia. Hay fever and peanut sensitization were almost non-existent in Russia.

In a remarkable study, researchers tracked down the reason: – on the Russian side, colonization of the gut by soil bacteria [25].

Meanwhile, Finnish Karelians had become urbanized, had **LEAST** exposure to soil bacteria, and had the **WORST** allergies.

Say the researchers: "Our immune systems have become dependent on the microbes they co-evolved with for tens of thousands of years. The immune system is a 'learning system', and bugs from nature train and calibrate it.

In addition, the researchers found that the Russian children had more bacteria called '*Acinetobacter*' on their skin and so had more white blood cells producing **ANTI-INFLAMMATORY** cytokine IL-10.

My View? This is a solid and original study reaffirming the importance of living close to nature. See: **Allergies: Hygiene Good, 'Old Friends' Germs, Good**, [Nov 2012](#) [26]

And you don't have to grub around with your hands in the soil. The effect was seen in subjects when they simply walked around in nature breathing in the air. In other words, it only needed exposure to **MICROSCOPIC** amounts of **AIRBORNE** soil particles.

Soybean Oil Undermines Brain

We have been deprecating about soy and its oils for years. Previous studies find it induces diabetes, obesity, insulin resistance, and fatty

liver. See: **Soybean Oil Obesogenic**, [Nov 2015](#) [27].

Now researchers find [28] that it has hurtful effects on the ‘*hypothalamus*’, the part of the brain which controls body-weight, body temperature, fertility, growth, and stress. In addition it cripples the production of the ‘tend and befriend’ hormone, ‘*oxytocin*’.

The researchers could not identify the exact compound in soybean that causes the mischief. They just advise: “reduce consumption of soybean oil”.

My View? Soybean is not human food, as I have said many times. In common with other pulses (beans and lentils) it is riddled with plant poisons that the body does not know how to handle. See: **The Trouble with Beans**, [Paleo in a Nutshell](#), Chapter 3, page 37. **AVOID!** See also: **Soy for Infertility**, [July 2005](#) [29]

Continued from Page 1

Star-lily Tuber Fed Early Humans ...indigestible) and resistant starches. See **Resistant Starch**, [Jan 2014](#) [30]

My View? As I have regretted many times, there is nothing in the modern diet which corresponds to the forager tuber – no one wants to chomp on a “woody, stringy carrot”!

Ancestral Sleep

Sleep in Cool Bedroom

In **Insomniac Tip from Prof. Walker**, [Feb 2019](#) [31] we relate Walker’s tip to sleep with a bedroom temperature lower than 65°F (18°C) – just like nature intended.

Seemingly Democratic candidate Bernie Sanders has discovered the same principle for himself. On the campaign trail he sleeps in a different hotel every night. As an insomniac, his main booking condition is that the temperature of the (typically over-heated) hotel bedroom is capable of being reduced down to 60°F (16°C). His additional condition is that the room is located as far as possible from the noises of the ice machine and the soft drink dispensers. [We sympathise with that!]

Viewpoint

Epidemics in Perspective

With the adoption of farming, the human species exchanged a million years of stable equilibrium for a life of **UNSTABLE** equilibrium – like balancing a boulder on the top of a pyramid. It requires constant Sisyphean [32] effort and vigilance to keep civilization’s boulder in place.

Worse, the complexity of modern civilization has drastically reduced the **RESILIENCE** in the system. Almost

any shock – such as an epidemic – is enough to shatter modern civilization’s brittle structure.

Foragers were too dispersed for epidemics to happen, but epidemics are a common feature of all farming communities – most notoriously the *Black Death* which killed some 50% of medieval populations.

Today’s Covid-19 has much lower mortality at only some 1% of those infected – mostly the old and already sick. Nevertheless the response has been similar to medieval authorities: **QUARANTINE**.

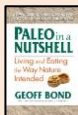
In our complex society quarantine has created massive disruption of our complex, interdependent economies. Governor of New York State, Andrew Cuomo, wonders: “Is the cure worse than the disease?”

On the other hand, apart from saving some lives, others see the Draconian anti-virus measures as a useful dress-rehearsal for coping with a future epidemic on the scale of the *Black Death*. But for sure the tectonic plates have shifted, forcing us to reassess our priorities. See: **Surviving Covid-19** and **Covid-19 Reserves**, p.2.

Spreading the Word

LECTURES:

All speaking events have been cancelled until further notice



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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30 <http://bit.ly/1BH21ll>

31 <http://bit.ly/2HwcBzr>

32 In Greek myth, Sisyphus was condemned, for eternity, to roll a boulder up a hill only for it to roll down every time it neared the top.